THE CRAZY WISDOM COMMUNITY JOURNAL

SOUTHEASTERN MICHIGAN'S CONSCIOUS LIVING MAGAZINE

FREE

SEPTEMBER THROUGH DECEMBER 2016 - ISSUE 64

Buddhist Teacher Tsochen Khandro

At the Heart of Everything is Dharma

Getting to Know Tsochen Khandro and Traktung Rinpoche of Tsogyelgar Dharma Center and White Lotus Farms

EMMA Acres: A Very Cool Sustainable Farm

Bringing Integrative Medicine to the Ann Arbor Veterans Hospital

Drought Juice: Cold-Pressed and Home Grown • Five Essential Tips for New Dads • San Slomovits on 100 Indian Music Nights • Art is a Way of Knowing • Alexander Technique • Mindfulness from Seed to Plate • Family Nature Experiences • Karlta Zarley on Amber • Mary Light on Sending Love to our Skin • Bikram Yoga • The Human-Animal Bond • and More

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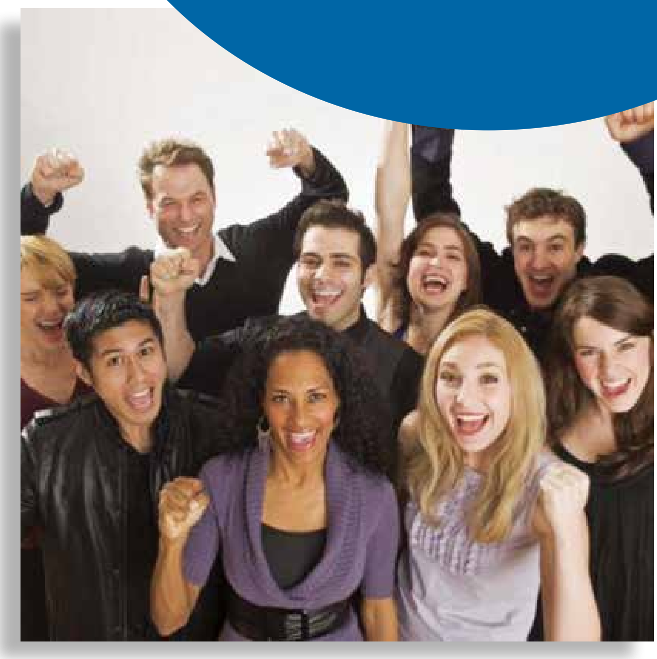

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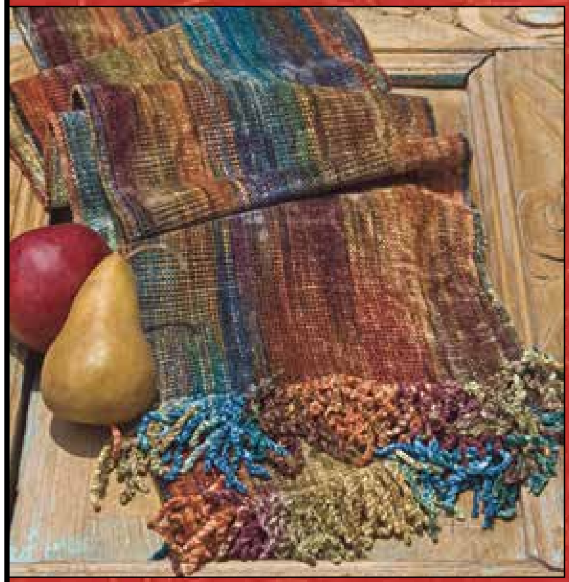

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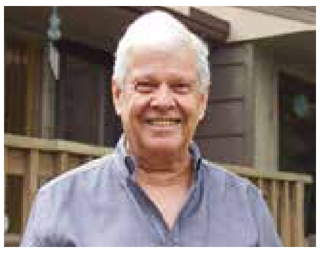

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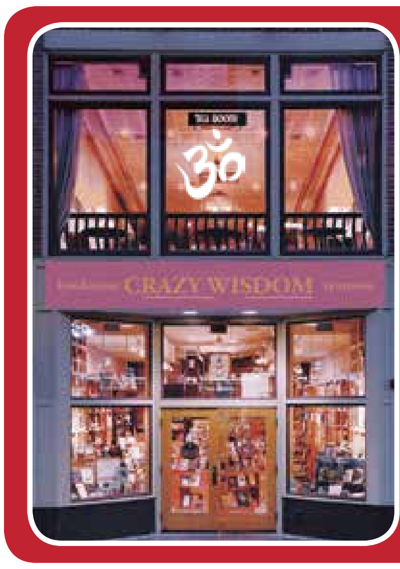

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This issue is distributed starting in the last week of August. 11,000 copies of *The Crazy Wisdom Community Journal* are printed, and they are available at our bookstore as well as at more than 235 other locations in the area.

The deadline for Free Calendar submissions for the January thru April 2017 issue is Monday, November 14. Contact Robin at calendarforms@ crazywisdom.net

The deadline for Paid Advertising is Tuesday, November 29. Contact Rory@ crazywisdom.net

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Upcoming Author Events at Crazy Wisdom

My New Friend Grief: Reflections on Loss and Life **with Anna Hodges Oginsky**
Sept. 11, 2:30-4:30 p.m.
Oct. 12 & Nov. 9, 6:30-8:30 p.m.

Building a Healthy Economy From the Bottom Up: Harnessing Real World Experience for Transformative Change
with Anthony Flaccavento
Sept. 28, 6:30 p.m.

The Other Side of the Door: A How to Guide for Connecting with Loved Ones Who Have Crossed Over
with Patricia Fero
Oct. 4, 7 p.m.

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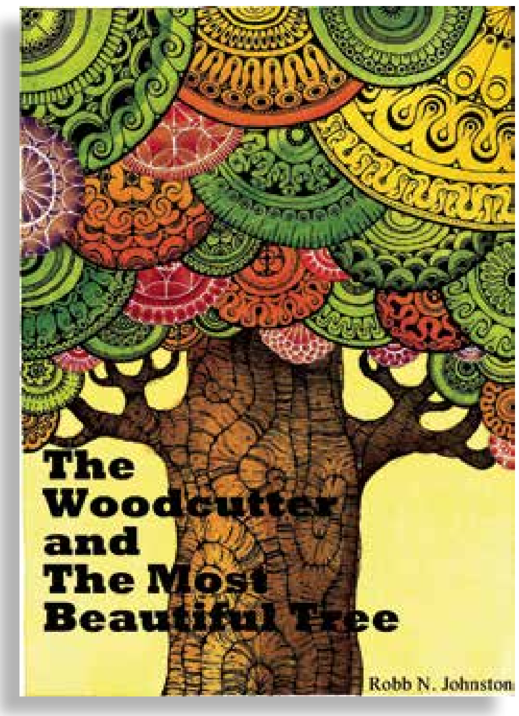
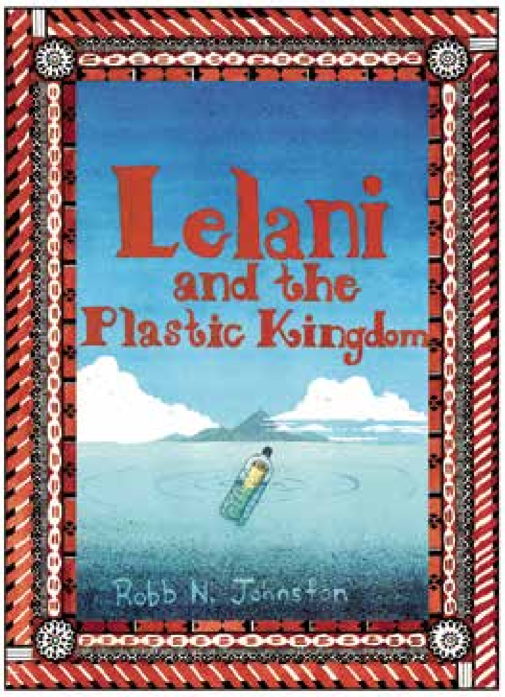
Creative Outlooks: Questions for Robb Johnston & Rachel Nisch

By Julianne Linderman

Our area is thriving with 'makers' of all kinds — visual artists, writers, craftspeople, photographers — the list goes on. It's not hard to find talented individuals and bring their creative voices to the printed page. I had plenty of questions this time for two such individuals: Robb Johnston and Rachel Nisch. Robb Johnston is the author/illustrator of two children's books, The Woodcutter and The Most Beautiful Tree (2011) *and* Lelani and The Plastic Kingdom (2014), *and he is working on a third. Rachel Nisch, who moved back to the area last year after teaching middle school in Tucson, Arizona, and working on an organic farm, has recently begun sharing her artwork with the public as she explores 3-D mediums (hand-carved stamps, concrete, and ceramics are among her current favorites). She is also working on writing and illustrating her first children's book about a melon who loves the sky. Robb and Rachel both work at the Brinery, though I did not find that out until after I met with Rachel (who connected me with Robb). Each of these artists had such interesting things to share about their unique approaches to making and creating.*


The Woodcutter and The Most Beautiful Tree
Robb N. Johnston


Lelani and the Plastic Kingdom
Robb N. Johnston

Author & Illustrator Robb Johnston

Robb Johnston's first book,* The Woodcutter and The Most Beautiful Tree*, tells the story of a beautiful tree and an eager woodcutter who would like nothing more than to chop it down (and hear his ax go "Thwickety-THWACK!"). Johnston created the detailed, colorful illustrations using watercolor, ink pen, color pencil, and acrylic paint. Described as "gorgeous" in a Kirkus Starred Review, the book was also named to Kirkus' Best of 2011 list. Johnston's second book,* Lelani and the Plastic Kingdom*, follows a determined, young girl from her home on a tiny island in the South Pacific as she travels to the island of 'New Flotsam,' a kingdom in the ocean made entirely of plastic. As Lelani discovers how she can make a difference in reducing marine plastic pollution, the book inspires young readers to do the same, while taking them on a vibrant journey through magical places.

Julianne Linderman: Prior to publishing *The Woodcutter and The Most Beautiful Tree*, was creating a children's book something you had been wanting to do, or a goal of yours?
Robb Johnston: Art has always been a big part of my life, although it was actually my dad who floated the idea of illustrating a picture book. I remembered his suggestion while teaching English in Japan. I moved to Japan in 2006, right after graduating from Michigan State University. I lived there for a year and half, teaching English conversation in a beautiful town called Tsukuba, in Ibaraki Prefecture. I was teaching Japanese kids how to speak and read English by using some of the same books I'd grown up with back in Rockford, Michigan. That inspired me to create a book of my own. I really wanted to become a part of the world of children's literature, to put a book out there that would inspire future generations of readers around the world.

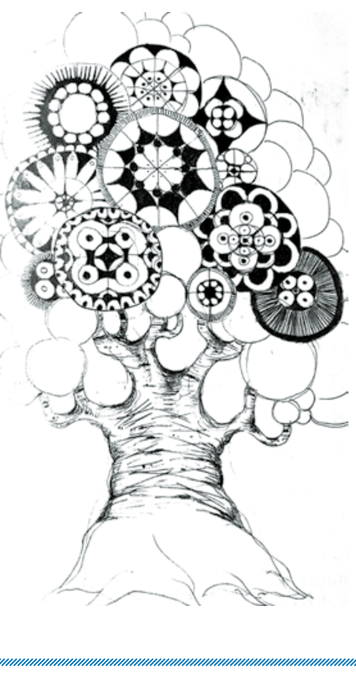
Julianne Linderman: Both of your books illustrate beautiful natural worlds, and *Lelani and The Plastic Kingdom* introduces young readers to the issue of marine plastic pollution. What do you feel are some important functions of children's literature (education, enjoyment, fun, a combination) in your view? And what are your hopes as an author/illustrator?
Robb Johnston: Environmental themes are very important to me. I think most children have an innate fascination with the natural world, so I try to present my unique vision of it in a way that inspires their imaginations and deepens their appreciation. I also enjoy picture books that explore cultural and social themes. The very best children's books, in my opinion, are those that entertain, educate, challenge, and inspire; the task for authors and illustrators is finding ways to subtly, elegantly accomplish those goals.

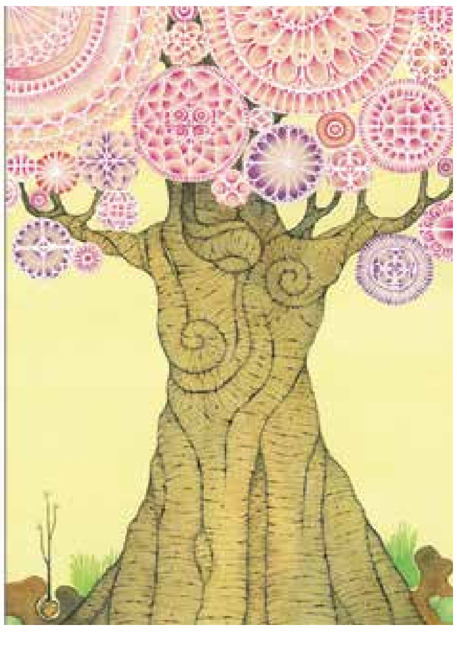
JL: The tree in *The Most Beautiful Tree* billows in beautiful colors across the book's pages. As her conversation with the woodcutter carries on throughout the seasons, her blossoms and flowers transform in colors and patterns. Can you tell us more about your design choice for the tree, particularly your abstract representation? You mentioned that readers have come back and told you the trees remind them of certain things (for me, it was mandalas).
RJ: My design choice arose from doodles I was making in the margins of notebooks when I was teaching in Japan. I was captivated by the variety and beauty of the designs and patterns, and began to think of ways to integrate them into a story. I eventually decided they would make excellent abstract representations of leaves and flowers on a tree. Many people associate the designs with mandalas or Zentangles. I am always interested to hear the cultural associations as well. I've heard people say the designs in the tree remind them of motifs from Russia, the Middle East, Japan, and the Pacific Northwest.

JL: How did your upbringing on the island of Rotuma in the South Pacific Ocean influence *Lelani and the Plastic Kingdom*?
RJ: Being of Polynesian decent, it was important for me to reflect that culture and its people in my most recent book. The landscape of children's literature is seriously lacking in diversity, and I attempt to chip away at that through *Lelani*. Ethnicity is not a central element of the story, but it depicts people and places of the South Pacific. Hopefully kids from a wide range of backgrounds and experiences will be better able to relate to the book because they can see something more of themselves in the story. Hopefully, people who don't know much about the South Pacific will feel inspired to learn more! I also got to experiment with traditional motifs found in Polynesian art. Specifically, the border designs throughout the book are meant to resemble tapa cloth. Tapa cloth is a traditional art form from the Pacific islands. It involves making sheets of paper from the inner bark of certain trees. Then, black and brown dyes are used to paint designs and patterns on them. They're beautiful!

JL: Can you talk a little bit about the character of Lelani? Who is she? What inspired her character?
RJ: Lelani is a Polynesian girl who lives on an island in the Pacific Ocean. I never specify which island in particular she is from, because I wanted her to reflect

> *"My design choice arose from doodles I was making in the margins of notebooks when I was teaching in Japan... Many people associate the designs with mandalas or Zentangles. I am always interested to hear the cultural associations as well. I've heard people say the designs in the tree remind them of motifs from Russia, the Middle East, Japan, and the Pacific Northwest."*





the islander identity as a whole, rather one particular subset. I knew from the beginning that the main character of the book would be a strong-willed, adventurous little girl. I borrowed her name from a family friend who is half Tongan.

JL: You get a chance to interact with young readers during classroom visits you offer for your books. What do you enjoy about interacting with students and hearing their responses?
RJ: Speaking to groups of kids about books is always an amazing experience. Being able to connect the book in their hands to the person who created it is a lot of fun. They are so curious about my ideas and so eager to share their own ideas as well. I love being able to show them the first ROUGH drafts of my stories, with all the revisions, mistakes, and do-overs. I think kids can take a lot from seeing the early stages of the work: mistakes are a necessary part of the process; they help us improve and grow. I try to drive home lessons of creativity and perseverance. With Lelani, I try to empower students to make decisions in their daily lives that will have a positive impact on the environment.

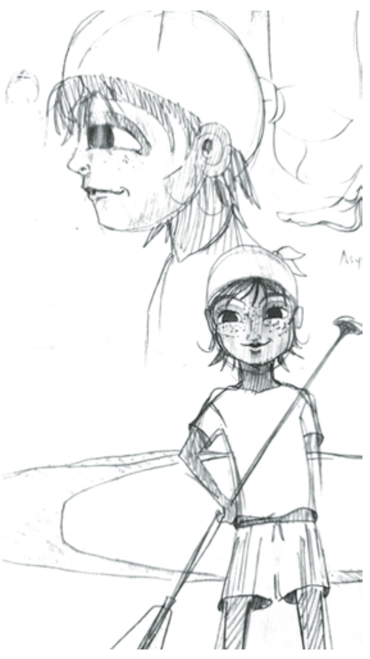
JL: What do kids seem to really like about each of the books? Has this led to new ideas for your future books?
RJ: I'm always amazed by the reactions to the illustrations, in both books. There are a few pages in each where, as I'm reading, I'll turn the page and hear *gasps* from the audience. There's no way to describe how good that makes you feel as an illustrator. For me, the lesson for future books is to keep improving and putting my absolute best work out there.

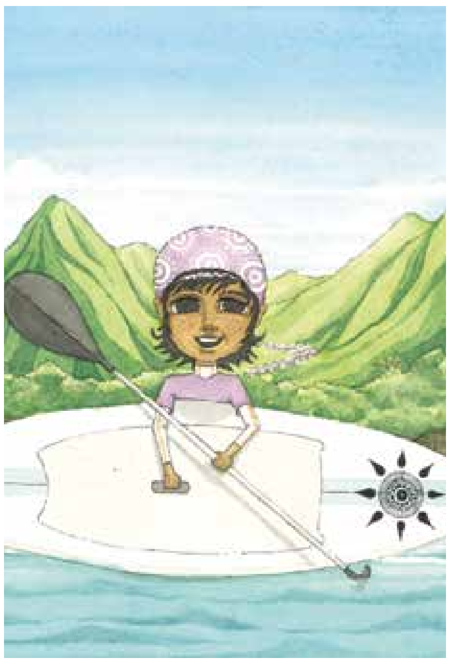
JL: What were some of your favorite books growing up? Did you have a favorite author and/or illustrator?
RJ: My favorite books growing up were ones that had highly-stylized illustrations or stories that challenged me to think in different ways. Some of my longtime favorites are *Arrow to the Sun* by Gerald McDermott, *The Tale of Jeremy Fisher* and the *The Tale of Squirrel Nutkin* by Beatrix Potter, and *Calvin and Hobbes* by Bill Watterson. *Animalia* by Graeme Base always drew me in; I could get lost in those pages for hours. Also, the Time-Life Library of Learning. Those volumes were filled with fascinating photography and excellent illustrations. The books themselves were hardcover and huge, perfect for my little hands to flip through the pages a thousand times. I learned so much from all of the volumes, but I definitely gravitated towards those dealing with the natural world (insects, marine life, plants, etc.). And let's not forget about Zoobooks. I'm always adding to my list of inspirational artists, authors, and illustrators. Other favorites include: Tomie dePaola, Neil Gaiman, Ivan Billibin, Stephen Gammell, Zdzislaw Beksinski, Hayao Miyazaki, Maurice Sendak, Ernst Fuchs, Jim Woodring, Chris Van Allsberg, Edward Riojas, and Mike Mignola.

JL: What has been one of the most rewarding aspects of publishing these two books? What is next for you?
RJ: The most rewarding aspect of independently publishing these first two books has been interacting with people who enjoyed them. *The Woodcutter* has been out there for a few years now, and it's always amazing to me when a complete stranger approaches me and shares their experience with the book. Those encounters make me feel like I have, in my small way, accomplished the goal I set when I was living in Japan: become a part of the world of children's literature. I'd like to continue to create books and works of art that challenge me to grow and improve, and that inspire and resonate with people of all ages.

Robb can be contacted at Robb.n.johnston@gmail.com. For more information on his work and upcoming events, visit www.robbnjohnston.com.

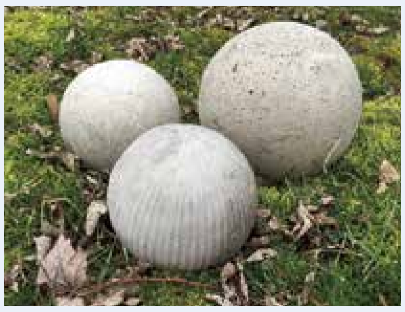
> *"Lelani is a Polynesian girl who lives on an island in the Pacific Ocean. I never specify which island in particular she is from, because I wanted her to reflect the islander identity as a whole, rather one particular subset. I knew from the beginning that the main character of the book would be a strong-willed, adventurous little girl. I borrowed her name from a family friend who is half Tongan."*





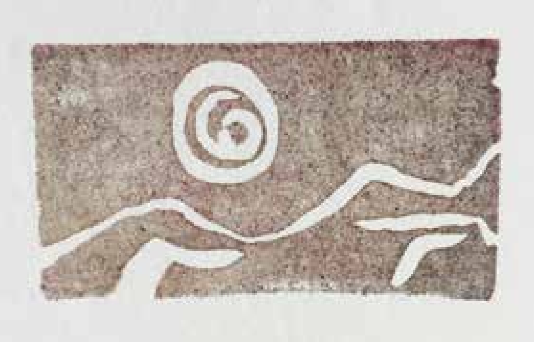
Artist Rachel Nisch

When we met, you were making these awesome concrete orbs. What drew you to concrete? Are you still making them?
I am still playing around with concrete, making orbs, small blocks, and other objects when I come across oddly shaped vessels I can't resist. I'm drawn to concrete because of its gritty, basic, understated, no-frills functionality that is somehow combined with a surprising softness. I'm a sucker for a good utilitarian aesthetic. I became orb-inspired when I came across a concrete sphere while perusing the Internet, and thought: *Those would be so cool to have … everywhere!*



You were also carving stamps. Can you tell us about those?
I continue to carve stamps, which I use for greeting cards, as stand-alone art pieces, and to illustrate a children's book. My most recent series of stamps was inspired by the Little Rincon Mountains outside of Tucson, Arizona, but I am working now on some abstract floral designs. At the moment I'm captivated by Cyclamens.

When did you start doing art? Did you like drawing as a kid?
I was raised feeling like art was a very accessible thing, and I always played around with drawing and watercolors in (and I cannot overemphasize this) a very amateur sense — mostly for my parents' birthday cards or to fill smatterings of Ikea frames in my college apartments. I've really enjoyed discovering three-dimensional media — the first being ceramics, and now concrete and carving — because the media themselves seem to have more agency in the process. I'm happy to hear what the clay, or the concrete, or the rubber has to say.



You also love ceramics. What are some of your favorite things to make?
I do have a real love for ceramics. I could ogle a collection of cups for hours. When I find someone willing to let me use their set-up, I like throwing simple shapes (again with the utilitarian aesthetic!). I was recently on a cylinder kick, but bowls are my favorite. A good bowl becomes part of your daily routine. Mine fits perfectly cupped in my hand, and holds my morning yogurt just right.

> *"I've really enjoyed discovering three-dimensional media — the first being ceramics, and now concrete and carving — because the media themselves seem to have more agency in the process. I'm happy to hear what the clay, or the concrete, or the rubber has to say."*

I asked in our first email exchange what draws you to art. I loved your answer about 'the balance between control and suprise' (and I will share that answer below). Is there anything else you would like to add?
What draws me to art, I think, is finding the balance between control and surprise. Perhaps what I love most in any work I've done are the elements I don't control — the mysterious ways the inks layer or the way the glazes run together.

(I definitely stick to what I said, but to expand …) As I've only started selling my art this past year, I'm just discovering the next phase of surprise in the process, which is the response to what I've made. People seem to gravitate to the orbs and are compelled to touch them, even just as they pass my table at a craft show. And it's always fun hearing what people see in my stamps: monkeys where I see a tangle of branches, or a manger where I thought I carved a plateau. Maybe in celebrating the surprises I'm justifying a lack of precision and predictability that come with skill. If so, I'm grateful for the acceptance that comes with that justification — no reason to get hung up on perfection.

What are you planning to do next?
At the moment, I'm excited to be working on a children's book, inspired by my farming experience. The story is about a melon who loves the sky, and the illustrations are carved stamps that blend the literal and abstract to leave plenty of room for the imagination.

Rachel Nisch can be contacted at rachel.nisch@gmail.com. To view more of her artwork, you can visit her website: nicespreadprints.wordpress.com.

100 INDIAN MUSIC NIGHTS

By Sandor Slomovits
Photos by Rebecca Rowe

At 8:30 the musicians, with no introduction, simply began playing.

The music at Indian Music Night is all inspired by Indian traditional and classical music, but it incorporates many elements and styles of Western music. At Indian Music Night #95 they even played a Sonny Rollins tune, "St. Thomas," but of course the Indian instruments and the musical sensibility the members of Sumkali have developed gave the piece a very different sound and feel than it would have if played by jazz musicians.

Earlier this year, on the second Saturday night in May, the Crazy Wisdom Tea Room was crowded by 8:00. It was Indian Music Night. (Indian Music Night # 95 to be exact, but more on that in a minute.) A quintet of musicians sat in chairs at the front of the room, their backs to the windows that look out on Main Street. John Churchville, the founder of Indian Music Night, was warming up on the tabla (the traditional Indian hand drums), while Dan Ripke picked out notes on his acoustic guitar. Bidisha Ghosh, who would soon be singing, sat serenely in the center. Nearby, Lucas Atkinsmith tuned his violin, and Scott Brady was readying his bansuri, the traditional Indian bamboo flute, as well as his soprano sax. Ghosh was dressed in a white Punjabi, the traditional dress of Indian women, while the four men wore informal Western clothes. The audience ranged in age from school-aged children to adults of all ages, reading, conversing, scanning smart phones, or sipping tea. At 8:30 the musicians, with no introduction, simply began playing. At first, just the bamboo flute spinning out plaintive arhythmical phrases, then gradually the rest of the musicians joined in. The crowd quieted, their attention focused on the exotic sounds.

> **"…as a tall white man born and raised in Michigan, simply sitting at the tabla strays from the traditionalist idea of what Indian music is supposed to look like, which in turn lowers the expectation of what it is going to sound like."**
>
> **— John Churchville**

The Crazy Wisdom Tea Room

After the first tune, Churchville welcomed the audience and then asked, "Is anyone here hearing Indian music for the first time?" One hand went up. "One person," Churchville announced. "When we started, half the room would have raised their hands." By "When we started," Churchville was referring to Indian Music Night #1, which was in July of 2007, on the Saturday of Art Fair weekend. "I remember the load-in being a bit chaotic with everyone tearing down from Art Fair,” says Churchville. “It was a packed night!” IMN at the Tea Room became a monthly event that fall, beginning on October 26, 2007, and has continued ever since.

“Then we would also bring in performers from India if they passed through town at the right time.”

— John Churchville

Randall Beek, who used to book the musical acts for the Tea Room, invited Churchville and friends to perform at the Crazy Wisdom booth at the 2007 Ann Arbor Book Fair and then proposed making IMN a monthly event at the Tea Room. At first it was just Churchville on tabla and Meeta Banerjee on sitar. Churchville elaborates:

> We were joined occasionally by Atmaram Chaitanya, now the director for the local Kashi Nivas Meditation Center, on tanpura, [the Indian drone instrument]. Then we would also bring in performers from India if they passed through town at the right time. We also worked with musicians from the Michigan Indian Classical Music and Dance group at the U-M [now called Michigan Sahana]. That is where I met some of the musicians that would later become Sumkali [Churchville’s Indian music fusion group]: Prashanth Gururaja on violin, Vishrut Shrivastava on harmonium and vocals, and Mahesh Ganesan on kanjira [another traditional Indian hand drum]. Early on I was also joined by my friend Scott Brady. He and I took an educational trip to India in 2006 and I was there when he bought his first bansuri flute in Old Delhi. It wasn't long before he learned all the songs Meeta was playing on the sitar and he became a regular at IMN and a leading member of Sumkali. We usually have at least one Carnatic violinist, Anoop Gopal, and a bass player, Dave Sharp. We also welcome in people who are interested in performing on a piece or two.... We have also had Peter ‘Madcat’ Ruth join us on harmonica and jaw harp. He even recorded on our last album.

Churchville went on to say that in the early days of Indian Music Night they used to talk more than they would play. “We would play a tune, then answer questions about the music and instruments for an hour.”

At IMN #95 in May, Churchville noted that there were only five of them playing that night, “So we have a little more elbow room. Some nights we have had as many as twelve.” He went on to say that in the early days of IMN they used to talk more than they would play. “We would play a tune, then answer questions about the music and instruments for an hour.”

In an email a few days after the concert, Churchville wrote:

> I would like to think that in some small way, all of that talking and explaining has gotten around town and now everyone has a general idea of where the music comes from and the instruments making the music are more widely known. When we ask now if anyone has any questions, we don't get any, so we end up playing music for the full two hours, most nights without a break. Lately we have also begun to sit up on chairs, rather than the traditional position of sitting of the floor. It is easier for the audience to see, easier for us to hear, and it is easier on the hips. Other than that, it has always been centered around the music and making it as good as possible. That has never changed.

John Churchville

Churchville was born in Marquette, Michigan, and attended college at the California Institute of the Arts, which is where he was first exposed to Indian music and the tabla. He began his studies with world-renowned tabla maestro, Pandit Swapan Chaudhuri, then studied the fusion of tabla with Western musical styles with John Bergamo and his protégé, Randy Gloss. He moved back to Michigan in 2001 and has continued studying with Pandit Samar Saha, who comes through town every year on his North American tour. “With him I continue to study the classical tabla tradition. I am always drawing on that training to harvest my favorite ideas and fuse them with the music that moves me most... whatever it may be.”

Churchville has been teaching music at the Go Like the Wind Montessori School since 2006. In fact, one of the musicians at IMN #95, violin player Lucas Atkinsmith, now in high school, was a shy second grader in his class when Churchville first met him.

The music at IMN is all inspired by Indian traditional and classical music, but it incorporates many elements and styles of Western music. At Indian Music Night #95 they even played a Sonny Rollins tune, St. Thomas,” but of course the Indian instruments and the musical sensibility the members of Sumkali have developed gave the piece a very different sound and feel than it would have if played by jazz musicians. Throughout the evening, the audience applauded appreciatively—and occasionally even raucously—after every tune, as well as after particularly exciting or inspired solos.

“With him [Pandit Samar Saha] I continue to study the classical tabla tradition. I am always drawing on that training to harvest my favorite ideas and fuse them with the music that moves me most... whatever it may be.”

— John Churchville

“In the beginning our rehearsals were mostly educational workshops with the people we were playing with,” Churchville writes. He continues:

> The Westerners in the group all worked very hard to learn the structures and styles of the various musicians we would play with. The music scene in India varies greatly and depending on where people were from, there would be a new vocabulary and theoretical framework to understand in order to execute the music properly. As the music nights went on, we all started to settle on a style of playing that incorporated everyone’s strengths musically while at the same time keeping true to the roots of the music... Nowadays, Sumkali is rehearsing, recording and gigging so regularly that IMN has become the venue to loosen the belt and be a little more free in our approach.

In response to a question about whether he or Sumkali has ever gotten negative feedback from traditionalists about them playing this mix of genres of music and instruments of the two cultures, Churchville writes:

> Speaking first for myself, as a tall white man born and raised in Michigan, simply sitting at the tabla strays from the traditionalist idea of what Indian music is supposed to look like, which in turn lowers the expectation of what it is going to sound like. I suppose if anyone has had a problem with it, they have kept it to themselves and/or remained very polite when speaking to me. The overwhelming response to my playing is an appreciation for the time spent learning the instrument and music. I am not expected to sound like the traditional tabla player, so when I play something that is good (but different), it is appreciated in a way that may not be for a tabla player from India.
>
> I have no doubt that we have turned certain people off with our approach to fusing the traditional with... whatever it is we bring to music as individuals. At our core, however, are the melodies and rhythms that characterize music from India. I try to think of going to India and walking into a jazz club. Sure it would make me feel at home to see a standard trio playing jazz standards, but wouldn't it be great to see them interpreting the standard tunes with the instruments and sonic colors that hearken back to the core of what the musicians understand? It is this idea that people respond to the most, the idea that we all have a past, present and future self that we are constantly trying to identify with.

IMN #100 will be on Saturday, October 15. Churchville and his fellow musicians are still finalizing plans for the evening, which include a live recording of the event and an attempt at live-streaming it. “We are planning for a packed house of both musicians and audience members.... Musically we will be doing a sort of ‘History of Indian Music Night’ theme, telling the story through the music of how we all came together, got to know each other and learned to play music together at Indian Music Night.”

Then in November, IMN will begin its tenth year at the Crazy Wisdom Tea Room with Indian Music Night #101.

John Churchville can be reached at johnechurchville@gmail.com. For more information, visit his website at johnchurchville.com.

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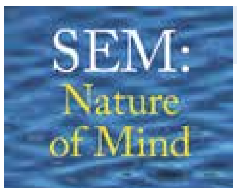

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Music Reviews

By Sarah Newland

Hearth
Sounds
Ancient Songs from
Ireland and the World
Nóirín Ní Riain & Sons

Hearth Sounds cd
Ancient Songs from Ireland and the World
by Noirin Ni Riain & Sons

Renowned Irish singer Noirin Ni Riain and her sons bring us 18 traditional sacred songs in celebration of hearth, home, family, and the divine. Recorded in Ireland's acoustically awe-inspiring Glenstal Abbey, this album features medieval chant, traditional Irish songs, English-language hymns, and more. Listeners who have had the pleasure of hearing Noirin, Owen, and Moley sing together marvel at the transcendent merging of their voices – and that alchemy reveals itself radiantly here in every piece.
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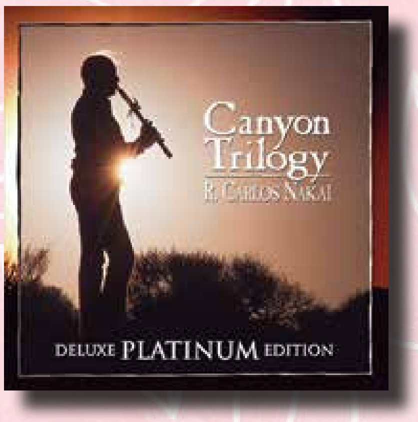

Canyon Trilogy cd
by R. Carlos Nakai

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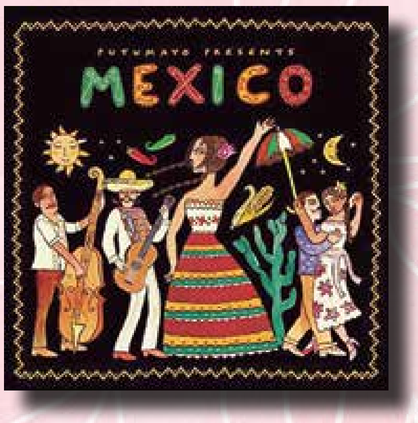

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by Putumayo

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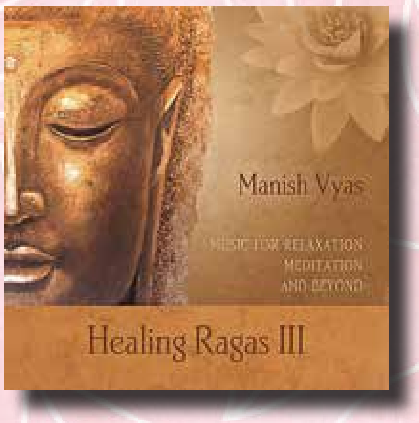

Healing Ragas III cd
Music for Meditation, Relaxation, and Beyond by Manish Vyas

This long awaited third release in the Healing Ragas series promises to carry you away on a soothing and magical ride. Manish Vyas plays santoor and tabla and is accompanied by the entrancing flute playing of Milind Date. The purpose of this music is to create an atmosphere suitable for meditation, relaxation, the healing arts, restorative yoga, and sleep.
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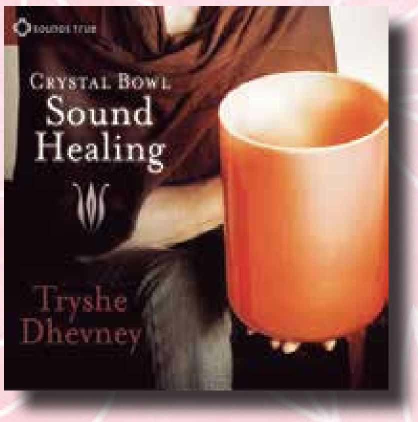

Crystal Bowl Sound Healing cd
by Tryshe Dhevney

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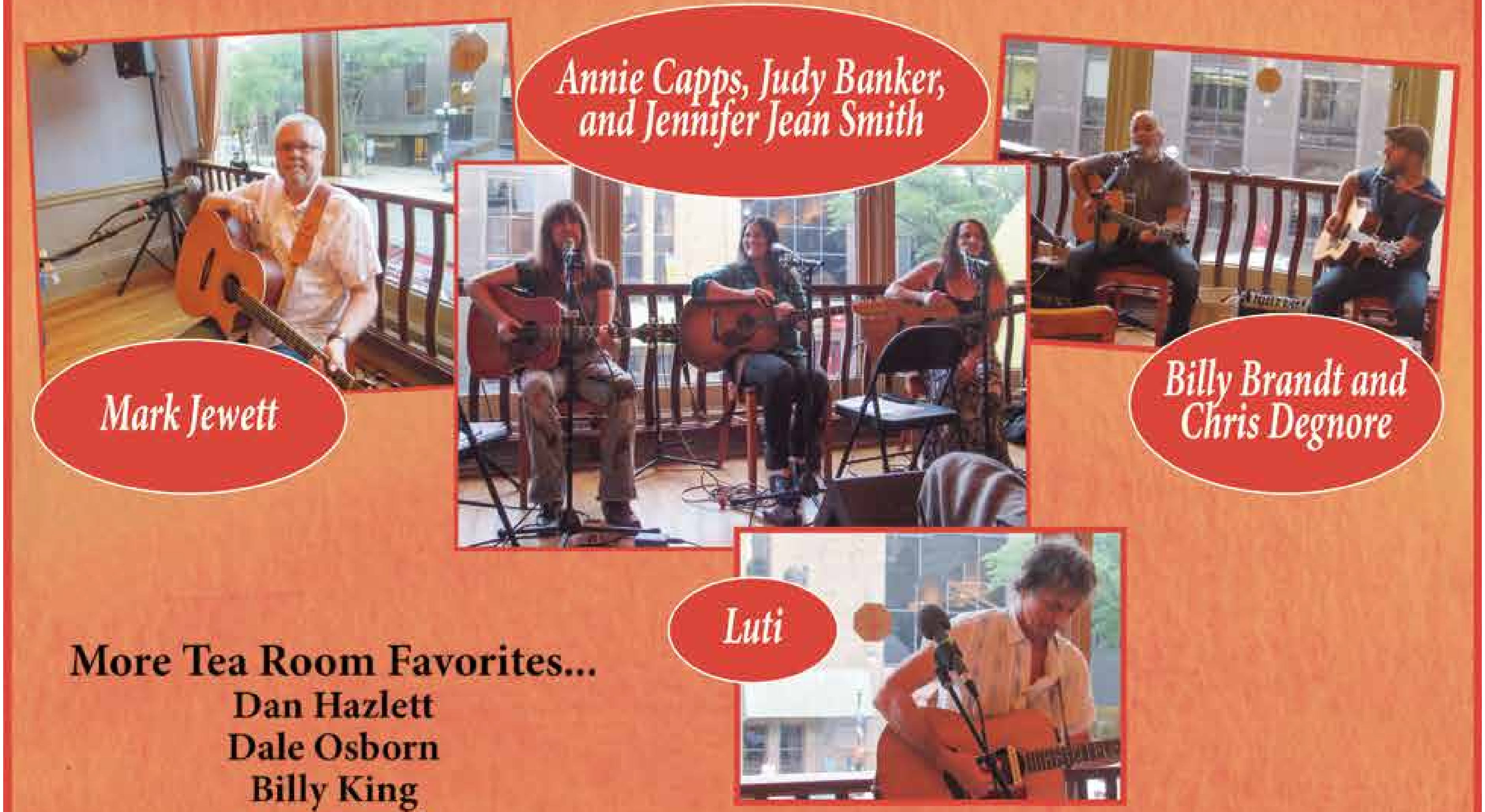
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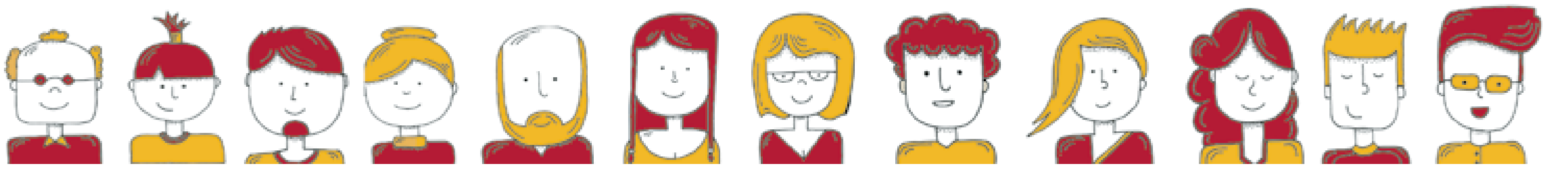
WHAT'S NEW IN THE COMMUNITY



By Lynda Gronlund

This ongoing column features upcoming events within Ann Arbor/Washtenaw County and surrounding areas' Body/Mind/Spirit communities, new (during the past year or two) practitioners and holistic businesses, new books written by local/regional authors, new classes, as well as new offerings by established practitioners and holistic businesses.

The community of healers at The Center for Sacred Living, located off Jackson Road in Ann Arbor, will host an open house.

See article on opposite page.

Front row L to R: Diane Thal Gluck, Kathy Vigue, Cynthia Conklin
Back row: Stephen Rassi, Cynthia Esseichick, Rob Koliner, Tiffany Mazurek

Photo by Joni Strickfaden

New Offerings by Established Businesses and Practitioners

Sacred sexuality healer Leslie Blackburn has developed a new website with many free resources for exploring sacred sexuality.

Blackburn is the founder of Mystery School of the Temple Arts in Dearborn, which offers private sessions, group classes, and workshops in sacred sexuality. She also has a teaching and coaching practice called OneSpace, LLC. She offers private and group coaching and classes on sacred sexuality and tantra, art, yoga, meditation, and more. Prior to her spiritual awakening, she was a mechanical engineer in quantum physics and an Ironman triathlete. She said that she was "on the burn up and fry path." When she had difficulty conceiving a child, she tried everything she could think of with no success. Finally, she said, she "let go of control," and that's when she became pregnant with her daughter. This was the beginning of her spiritual journey. Sacred sexuality, she explained, is about "acknowledging that our sexuality is greater than what we ascribe to it." The practice is about "accessing our power, healing our bodies, manifesting our heart's desires, connecting with the divine and connecting deeply with others." She helps people "reconnect with trusting that they are amazing, beautiful people," and trusting their own bodies when mistrust is the norm.

The new website, www.leslieblackburn.com, contains radio podcasts, which are archives of Blackburn's monthly radio show on Body Mind Spirit Radio; videocasts of her monthly live interactive show; and blogs and articles with information about exploring the path of sacred sexuality. Blackburn said that the new website will not replace the existing websites for the Mystery School of the Temple Arts and OneSpace; these will still serve as informational sites about the School and Blackburn's coaching and teaching services. The new site is more like a library of informational resources as well as a way for people to connect with Blackburn in her new professional focus as a speaker and presenter. She can be booked for keynote addresses, presentations, and workshops, and she said that her podcasts and videocasts are a good way to get a sense of her as a speaker. The site is mobile friendly and podcasts can be downloaded or streamed for convenience.

Leslie Blackburn can be reached by email at leslie@leslieblackburn.com or by phone at (313) 269-6719. Her new website is www.leslieblackburn.com.

Ann Arbor massage therapist, teacher, and artist Mary Ledvina has been co-teaching a seven-week course in art journaling at the Ann Arbor Women Artists Association for several years.

She is now offering this course to individuals on a one-on-one basis, as well as another six-week course in "emotional healing through imagery," based on the book *Visual Journaling* by Barbara Ganim and Susan Fox. Ledvina meets with clients at home or at local coffee shops to work with them on using collage, painting, stamping, mixed media, and other techniques in their personal journals. Art journaling, she said, can be a good way for artists "to work out ideas" that then transfer to artworks for others to enjoy. It can also be therapeutic for many people. Ledvina clarified that she is not an art therapist and her offerings are not meant to be art therapy, which is a form of psychotherapy. She holds a master's degree in occupational therapy and has been journaling since childhood. She hopes to someday publish a book distilled from her personal journals. She said people who have taken the art journaling course have become more consistent in keeping journals and have learned to document and process moments in their lives that otherwise would pass without much reflection.

Ledvina's emotional healing through imagery course is centered on "a process that uses meditation and body-centered awareness to access images that can help one understand and heal the emotions." Since reading *Visual Journaling,* she has been practicing and personalizing this process for years.

Ledvina's next art journaling course at the Ann Arbor Women Artists Association on Jackson Road starts September 10. More information is available at www.annarborwomenartists.org.

Mary Ledvina can be reached about individual instruction by phone at (734) 646-9161 or by email at maryledvina@earthlink.net. Her website is www.maryledvina.com.

Nessa is a Celtic fusion band led by Kelly McDermott, a multi-instrumentalist and vocalist.

She and co-founder, multi-instrumentalist Rob Crozier, research and arrange the group's music, which re-imagines ancient songs of the UK and Europe, "uniquely blending elements of classical, folk, jazz, funk, and world music to create rich, complex musical hybrids." Both musicians are highly educated: McDermott holds bachelor's degrees in flute performance and music therapy from Michigan State University, as well as a master's degree in flute performance from Temple University in Philadelphia; Crozier has a bachelor of fine arts in jazz studies in bass performance from the University of Michigan. Other musicians in the group have music degrees and/or are working as full-time musicians. Some of the regulars are guitarist David Mansfield, who also plays mandolin and fiddle, percussionist Todd Glass, and electric guitarist Alex Anest. The group has played in Chicago, Philadelphia, and throughout Michigan, including locally at The Ark and at the Saline Celtic Festival. They will travel to Ireland for a tour next June.

The group released a single called "The Grey Selkie" on August 1 featuring David Mansfield on guitar and Tyler Duncan on pipes. It is part of the group's Ancient Song Discovery Project, which redevelops "ancient, obscure songs" by "retexturizing" and changing the harmony to better fit the English translations, McDermitt explained. The Grey Selkie is from the UK and tells a story "typical of the local mythology," about a selkie — a creature that transforms from human to seal. McDermott said that they used a modern melody written by Maz O'Connor and came up with their own arrangement for the music. A CD including many of these songs is for sale on the group's website. It is called *Ancient Song Discovery Volume 1*. Volume 2 is in the works.

Performance dates and more information are available online at www.nessamusic.com. Kelly McDermott and Rob Crozier can be reached at nessamusic1@gmail.com.

After taking a few years' hiatus to focus on writing, psychotherapist Phyll Perry has re-opened her private practice.

Formerly New Options Counseling, the name has changed to New Options Town and Country Counseling. This reflects Perry's new practice of conducting sessions in "town or country" — she will meet with clients in a park, along a river, in the Arboretum, on a farm, or in other outdoor settings. The company of pets can also be incorporated into a session. Dogs, cats, and even horses are welcome. Perry noticed that actively incorporating nature and animals into her own life helped her feel "better, more centered, happier, and less anxious."

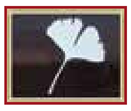
With 20 years' experience, Perry works with transitions in careers, especially artistic or creative careers, education, relocation, and lifestyle, as well as the human-animal bond, pet grief, and loss. She has been listed professionally in the career guidance book *What Color Is Your Parachute?* since its 1991 edition.

She describes her counseling style as "very open-ended, focused on the present moment," utilizing mindfulness, meditation, and journal writing. A new tool she has incorporated into her approach is the HeartMath system, which uses tools for de-stressing and making decisions based on what you love in order to live more intuitively and authentically. She said, "I help people figure out how to be happier, have more joy, and be more inspired." Nature and animals are naturally inspiring and joyful, she explained, so by incorporating them into your lifestyle, "you're halfway there."

Perry can work with non-local people through Skype and/or phone calls, and when the local outdoors are not hospitable, she can meet with people indoors, such as in a library meeting room. Part of her commitment to keeping counseling affordable means she does not have a dedicated office with the expenses that entails.

Phyll Perry can be reached by phone at (734) 973-8699 or email at pepstar27@yahoo.com. More information about the HeartMath Institute is available at www.heartmath.org.

Upcoming Events



The community of healers at The Center for Sacred Living, located off Jackson Road in Ann Arbor will host an open house on Sunday, November 13, from 1:00 to 4:00 p.m., in celebration of the Center's 15-year journey of service. The public is invited for a tour, light refreshments, and an opportunity to meet the practitioners.

Co-founder and energy healer Becky Minnick Hackenberg explained that The Center for Sacred Living was established as an answer to the needs of both practitioners and people seeking a variety of healing modalities on their paths to wellness. It began its 15-year journey in November of 2001 as an idea of the heart to create a dedicated healing space for both full-time and part-time practitioners. It was founded with the mission to provide low-cost space to acupuncturists, massage therapists, energy workers, and others, while holding the vision of meeting people where they are in their healing process with compassion and full acceptance. Sharing costs instead of paying high rental fees made it easier for new people to get started in a practice, giving many dedicated people the opportunity they needed. Hackenberg said, "The best advice I got from Spirit was to begin small and let it grow organically, while focusing on the people we served. We learned much and grew many friendships."

Another part of this vision for co-founders Hackenberg and licensed acupuncturist Abby Humphrey, was to form a community of healers that would share knowledge, collaborate, and support one another as they served their clients and patients. The over-arching theme was, and remains, to remember and remind that all living is indeed sacred. Said Hackenberg, "When we hold this as truth, our lives expand to wholeness and healing can occur in body-mind-spirit and all relationships, including with the earth."

That vision has continued even as the directors' lives have changed. In 2005, holistic psychotherapist and bodyworker Tiffany Mazurek, LMSW, became co-director with Humphrey. Another shift occurred in December 2009, when chiropractor Rob Koliner, DC, and licensed acupuncturist Carrie Ryan joined Mazurek to become co-directors. In 2015, Mazurek and Koliner became its current directors. The Center has grown from its small beginnings of three treatment rooms and five practitioners to its current location on the west side of Ann Arbor with five treatment rooms, a classroom, and more. Their team is comprised of more than 13 healing arts practitioners. The classroom space is made available to practitioners in the wider community as well for workshops, seminars, and classes.

Today, in its bright, beautiful space, the Center's community of healers includes Mazurek, Koliner, and Hackenberg; as well as Karlta Zarley, RN, Healing Touch; Diane Thal-Gluck, Emotional Freedom Technique (EFT); Cynthia Esseichick, acupuncturist; Tracey Perample, massage therapist; Ron Hough, acupuncturist; Karrie Rea, nutritional counselor; Stephen Rassi, psychotherapist; Karen Lang, nutritional counselor; Donna Ryen, Havening counselor; and Cynthia Conklin, Shiatsu practitioner.

Hackenberg invites visitors to "stand for a bit at the 'Heart of the Center,'" a small but powerful space in the middle of the rooms. "The energy of this spot quietly radiates peace, compassion, and the honoring of all our sacred lives. It is what The Center for Sacred Living is all about."

The Center for Sacred Living is located at 210 Little Lake Drive, Suite 7, Ann Arbor, Michigan 48103. More information, including contact information for each practitioner, is online at www.centerforsacredliving.com.

Continued on page 16

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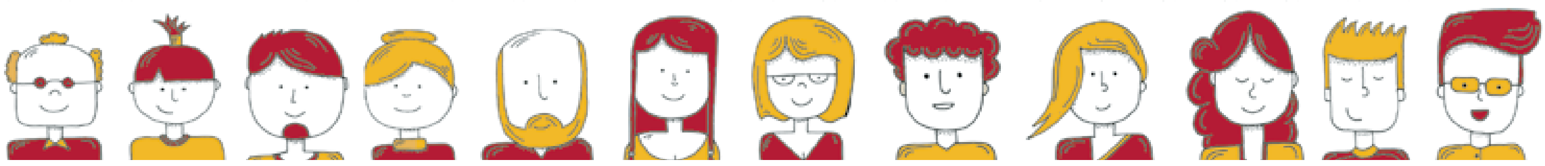
WHAT'S NEW IN THE COMMUNITY



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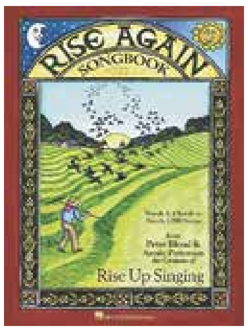
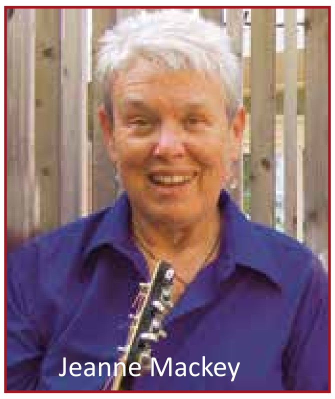


In 1988, Peter Blood and Annie Patterson published *Rise Up Singing*, a songbook filled with lyrics and guitar chords to 1200 popular songs that have been made accessible for professional and amateur musicians to use in churches, synagogues, schools, camps, picket lines, family gatherings, singalongs, and any other type of musical gathering.

There are nearly a million copies in print. In September of 2015, Blood (who grew up in Ann Arbor) and Patterson released *Rise Again*, a new book of words and chords to 1200 more songs. To celebrate and expose people to the new book, local singer/songwriter, guitarist, and workshop leader Jeanne Mackey will host a series of singalongs at the Crazy Wisdom Community Room on September 21, October 26, and November 30, from 7:00 to 8:30 p.m.


Jeanne Mackey

Mackey answered questions about the singalongs:

Q. When did you come across the first songbook, *Rise Up Singing*, and what did you do with it?

A. I first came across *Winds of the People*, the underground predecessor to *Rise Up Singing,* in the early 1980s at the People's Music Network, an annual gathering of activist musicians. In the days before Google, it was a blessing to have words and chords to such a wonderful variety of songs. I've used the songbooks to lead songs at weddings, earth-based ceremonies, picket lines, memorial services, birthday parties, benefit concerts, and more.

Q. What are some of your favorite songs in the new book?

A. I have eclectic musical tastes and love the range of styles in *Rise Again*, from Hank Williams' "Hey Good Lookin'" to my friend Pat Humphries' earth anthem, "Swimming to the Other Side" to "Sunny" by Bobby Hebb, and Iris DeMents' "Let the Mystery Be."

Q. Why do you like to lead singalongs, and what do you hope happens at these ones?

A. Singing together can raise our spirits, blend our frequencies, and remind us that we're all connected. We filled the Crazy Wisdom Community Room with a melodious multi-generational group at our first singalong last January, so I'm eager for more of the same!

Q. Do you have specific songs or themes chosen for each date, and/or will the participants help choose what to sing?

A. I'll choose a few songs to get us started — whatever feels right in the moment. Mostly, the participants will take turns calling out which songs to sing.

Participants can buy the new songbook at Crazy Wisdom, or use a store copy. The suggested donation for the event is $5.

Jeanne Mackey can be reached via email at jmackey50@gmail.com. The Crazy Wisdom Community Room is located upstairs inside the Bookstore and Tea Room at 114 South Main Street, Ann Arbor, Michigan 48104.

Dan Kittredge

On November 12 and 13, local food activists Claire Maitre, Bridget O'Brien, and Clifford Dean Scholz have organized a workshop with Dan Kittredge of the Bionutrient Food Association at the Washtenaw Food Hub in Ann Arbor.

The workshop will center on "High Bionutrient Crop Production" and will cover soil development practices for both commercial and home growers that can increase harvests, reduce pests, and improve plant health and food nutrient content.

Claire Maitre answered questions about the workshop:

Q. Are the methods being covered by this workshop compatible with organic farming and gardening?

A. Yes. These methods have the potential to improve plant resistance to disease, which can be especially helpful to those who are growing without pesticides. Healthier plants have greater resistance to plant diseases and insect pests…. Dan's workshop takes a whole-systems approach with a focus on meeting plant needs for their optimum health.

Q. Can the average home gardener really do much about their soil quality, and would it be prohibitively expensive?

A. Certainly, yes, there are basic things home gardeners can do that will greatly improve their yields and their soil quality. They are not costly…. A comprehensive soil test costs $30, which is within many people's budgets…. This workshop will introduce a range of practical and low-cost methods appropriate for everyone from home gardeners to commercial growers.

Q. Can commercial farmers improve their profits as well as the nutritional quality of their crops by using these methods?

A. We believe so. Dan shared with us at the workshop we attended in spring 2015 in Marion, Michigan, that a struggling farmer from Vermont who attended his workshop told him that just learning about the importance of boron [a trace mineral important for optimal health] in the soil more than paid for the cost of the workshop in improved yields. Coincidentally and importantly, we also learned that without sufficient boron in the soil, calcium is not bioavailable to the plants. This is just one example from a treasure trove of information in this workshop.

Q. What got you interested in this knowledge?

A. All of us … are very interested in local food, and we have a keen interest in the relationship of healthy food to healthy populations and even the development of individual consciousness.

Maitre and Scholz, both longtime home gardeners, felt that attending the two-day soils workshop would add new skills and depth of understanding. What emerged from the workshop was way beyond what we expected: a complete vision for the connection of soil health to human health, with ramifications that extend holistically into every sphere of life. According to USDA statistics, nutrient levels in North American produce have been in documented decline for more than 70 years.

The main thing that evolves from this work is that we're not "managing" the soil, we're in dialogue with it…. It's a living system, and people are living systems in relationship to that system…. So we look at our tests, we look at our soil, we look at our plant community and how insects and pollinators are relating to it, we taste the food, we grow in understanding, and we keep asking questions. When we look at it objectively, our food system is basically a set of broken relationships from the bottom to the top. Healing it starts with the soil.

Claire Maitre can be reached at clairemaitre06@gmail.com; Clifford Dean Scholz can be reached at 2greenhands@gmail.com. The website for the Bionutrient Food Organization is bionutrient.org. The link to online registration for the workshop is bionutrient.org/events.

New Classes

Ghost Hunting 101

Beverly Fish has been able to sense the spirit world since she was just ten years old, when she became aware of a family spirit in her childhood home.

On October 8, from 6 to 9 p.m., along with her colleagues Matt Brown and Joe Stewart, she will offer a "Ghosthunting 101" class at Washtenaw Community College. Fish explained that since ghost hunting has become a popular hobby, people have had problems with accidentally calling up unwanted spirits. She, Stewart, and Brown help people who are dealing with malevolent ghosts and demons. Fish said she learned how to banish these entities from Samantha Harris, author of *Fighting Malevolent Spirits: A Demonologist's Darkest Encounters*. When Fish had encountered a new kind of spirit that she felt wasn't just an angry ghost, Harris was in town doing a reading. They were able to meet, and Fish said that by using Harris' methods she was able to get rid of what she learned was a demon.

Ghosthunting 101 will offer tips on how to safely investigate suspected hauntings, how to use equipment such as EMF detectors and recording devices to gather

Continued on page 19

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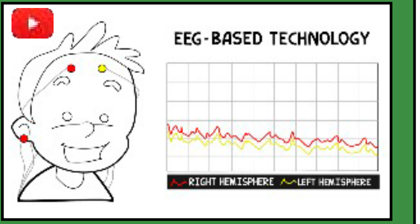
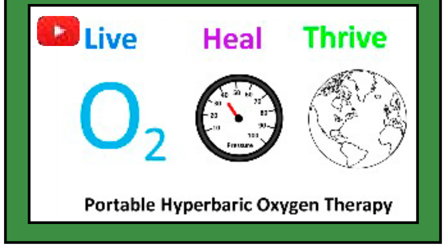


"Hyperbarics in the home"



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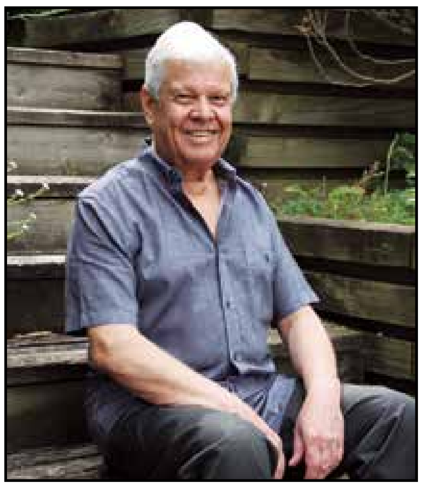

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WHAT'S NEW IN THE COMMUNITY

Continued from page 16

evidence of spirit activity, and what not to do to avoid unwanted situations. "You have to invite a demon in," said Fish, and sometimes people do this unintentionally. She said that demons can attach to a location or to a person, slowly draining them of will until they can be possessed. Fish's group can help purify people and homes using holy water, prayers, anointing with oil, sage, and salt. Stewart and Brown use EMF meters and investigate observable phenomena, while Fish uses her natural psychic gifts to discover what is going on and how best to proceed.

Because they want to make people aware that help is available locally, the group is creating a website, www.demonhunters.com. Anyone worried about malevolent entities in their home or life can go to the site to learn more about what might be going on, and contact the group for help. Fish said they are always looking for new cases and treat each case with confidentiality. "If you're scared," she said, "call, just so you know what you're dealing with."

If you are interested in attending Ghosthunting 101 you can register at www.wccnet.edu/community-enrichment. Beverly Fish can be reached via email at Beverly.Fish@comcast.net, and more information is available online at www.societyofdemonologists.com.

The Center for the Childbearing Year has two new offerings: a new pre- and postnatal movement class called Dancing for Birth and an End of Life Doula training workshop.

dancing for birth
ACTIVATE YOUR INSTINCTS

Founded in 2001 by Stephanie Larson, Dancing for Birth is described as a "language of movement" for pregnant women and new moms wearing their babies in slings or wraps. Inspired by belly dance, Latin, and African dance, the class claims benefits including reducing stress, promoting body confidence, and loosening hips and stretching the pelvis for faster, easier delivery. The class lasts 90 minutes and incorporates a sharing circle and birth preparation. No experience in dance is needed, and women are encouraged to share, laugh, and celebrate the process they are going through. The class covers techniques for pushing during labor and helping the baby get into the right position; these are said to be able to make the birth process shorter and easier. Newly certified instructor Whitney Kolongowski started teaching at the Center in July. Class times and dates are listed online, and the first class is free to try.

On November 18 through 20, former home birth midwives Merilynne Rush and Patty Brennan (Brennan is the owner of the Center for the Childbearing Year) will present a three-day End of Life Doula training workshop. This will be the first training of its kind in Michigan. Participants will learn how to support a dying person and their loved ones. Support can take the form of referral to community resources, companionship, and education. An end-of-life doula does not provide medical care or advice and does not replace medical care, but "enhances and empowers" the support of the dying person's doctors, nurses, hospice professionals, spiritual advisors, and family and friends. Rush explained that the end-of-life doula may visit only once or repeatedly throughout a long process, depending on the situation and needs of the person and their loved ones. Supporting someone at the end of life can sometimes be seen as "support through the dying year," she said. The doula may be involved in helping the family make plans for after death, so the workshop will also consider after-death options, such as home funerals and green burial. These are relatively new ideas in the modern American choices around death, and Rush has been educating people about them for the last 8 years.

As people live longer and face chronic or terminal illness, the dying process is often longer than it once was. Rush said that people are looking for meaning during this time, and there is much to be found. End-of-life doulas can help people live to the fullest extent possible during this time, including finding acceptance, sharing "gifts of love," and preparation. This training may be useful to chaplains, social workers, nurses, volunteers, doctors, therapists, counselors, and family members of dying people. Rush explained that in an earlier time this work would have fallen to a family member or someone close to the family, usually a woman. As society has changed, people have forgotten how to support dying people, and since medical care focuses on staving off death, the end-of-life doula can fill a gap that may help people accept and move forward when medical interventions no longer improve life but merely prolong it.

Information and registration for both the End of Life Doula Workshop and the Dancing for Birth classes are available at the Center's website www.center4cby.com. The Center for the Childbearing Year is located at 722 Brooks Street, Ann Arbor, Michigan 48103. Owner Patty Brennan can be reached by phone at (734) 663-1523 or by email at patty@center4cby.com.

In May, yoga teacher Chrissie Bingham started Renegade Yoga, a movement based in Ann Arbor and Detroit that aims to "bring yoga to the people" by offering classes at bars, breweries, parks, and other places where people gather.

Bingham and the other Renegade teachers have offered classes at Necto Night Club, the Detroit Brewing Company, Royal Oak Brewery, and Unity Vibration. During the fall they will offer monthly classes in the park next to Our/Detroit (a vodka distillery) with sushi and half-off cocktail coupons. Teachers also offer private yoga lessons for students who might not want to start out in a class setting at Eluminous Studios in Saline and Agora Arts in Ferndale. Bingham describes the classes as "very accessible." For example, wall and chair techniques are available for people who have trouble getting up and down. She said that she wants to get people moving and comfortable with their bodies and avoid having people take it so seriously. Since many people find a yoga studio intimidating or unappealing, Renegade comes to where people already are. Bingham explained that yoga has no prerequisite: "If you can breathe, you can do yoga." She said that Renegade's mission is to "make [yoga] available to anyone who is willing to try, without the intimidation."

Renegade Yoga is online at www.RenegadeYogaDetroit.com. Chrissie Bingham can be reached at chrissiebingham@gmail.com.

Sacred Roots Services, a doula and childbirth education business in the Ann Arbor area, is offering two new classes this fall.

On Saturday, November 5, from 10:00 a.m. to 4:00 p.m., they will host instructor Bridgette Becker for her class Rebozo Connection: The Gena Method. A rebozo is a traditional Mexican scarf used for a number of purposes: a head covering for church, a wrap for "wearing" babies, a satchel for carrying items, and more. It is also a tool that can be used by doulas during pregnancy, childbirth, and beyond to provide comfort for the mother and even help connect partners. This class is geared toward birth professionals: doulas, midwives, doctors, nurses, and childbirth educators. Continuing education credit is available for those who need it professionally. Said Ariana Riegel of Sacred Roots, "This class is about sharing knowledge of how to use this ancient technology to provide strength, comfort, and relaxation to the laboring woman and her partner." She specified that the class is not about turning babies: "Mothers' bodies and their babies know how to be born. When they are made to feel relaxed and safe, this primal knowledge comes easily. The rebozo is there to provide the safety and support necessary to allow for this innate knowledge to show itself." More information and registration for this class is available online at annarborrebozo.eventbrite.com.

The second class is offered to support families who cannot afford a doula, but do have a team (such as partners, grandmothers-to-be, sisters, or close friends) that want to support the laboring mother. It is a three-hour "crash course" aimed at the "birth team," covering early labor, "normal" labor patterns, comfort measures for the mother, and making decisions in a hospital setting. Said Riegel, "It is not a comprehensive childbirth education class, a doula training, nor a complete guide to routine hospital care. It is… intended to equip the birth team with tools to support the laboring mother and inspire confidence in decision making throughout the process."

Class dates are to be announced and will be listed on Sacred Roots' website. It is being offered free of charge as part of Sacred Roots' commitment to "help more families feel empowered in their birth choices."

Sacred Roots Services, LLC, is online at www.sacredrootsservices.com. They can be reached at (734) 288-7784 or at info@sacredrootsservices.com.

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WHAT'S NEW IN THE COMMUNITY

Continued from page 19

New Practitioners and Businesses

In October of 2015, Fabio Cosmo da Cunha, along with his wife, Jessica Cunha, formed a local Capoeira group.

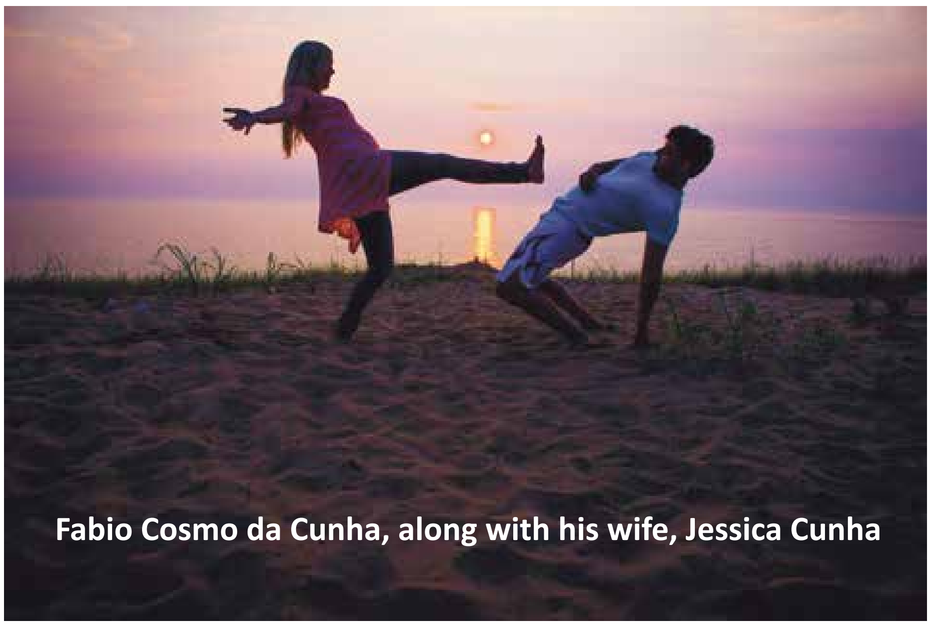
Jessica explained that Capoeira is a unique martial art that originated in Brazil almost 500 years ago when enslaved Africans disguised a self-defense system as a dance. It combines fighting with dancing, acrobatics, singing, and musical instruments, and is often called a "game" between two capoeiristas instead of a "fight."

Fabio, known as Contra Mestre Lobinho in the Capoeira world, grew up in Brazil and has been practicing Capoeira since he was 8 years old. He has taught children as young as 2 and adults as old as 70. He teaches both children and adults with special needs to adapt the art to fit their abilities. He has traveled extensively for training and has worked with many renowned teachers. He teaches the "cordao de ouro" style.

Jessica has been practicing Capoeira for 6 years and met her husband through the art. She emphasized that despite what you may see on impressive advanced YouTube videos, anyone can do Capoiera. "It's really, really good for you," she said. She believes it helped improve her near-disabling fibromyalgia to a manageable level. She was even able to practice for almost the entire duration of her pregnancy with her daughter. She describes the group as a community, a "family outside your family," with mutual support and positivity for everyone. Capoeira, she said, can affect every area of life positively. She has seen it help people get sober, help shy kids to gain confidence, and improve people's health and increase their happiness. She said that she has heard people say Capoeira is the best thing that ever happened to them. Fabio feels that getting involved at a young age in Sao Paulo helped him avoid the gangs and drugs that were rampant during his childhood.

The group meets in different facilities: Ringstar Studio, the Phoenix Center, and Kenville Studios, all in Ann Arbor. Classes are offered both for children and adults, and Jessica said that students are evenly split between the two. A free beginner class is offered monthly.

The class schedule and more information are available at www.internationalcdo.com, and Jessica Cunha can be reached by email at internationalcdo@gmail.com.



Fabio Cosmo da Cunha, along with his wife, Jessica Cunha

> "Body, mind, and spirit are not separate parts. Instead they are more like lenses, or ways of focusing. The awareness of oneness, and the peace it brings, can be nurtured by anyone who is interested."
>
> — Marcey Shapiro, *Freedom From Anxiety: A Holistic Approach to Emotional Well-Being*

Eluminous Studios opened in May, located in Saline near Ann Arbor.

The studio is a collaborative incubator space for all mediums of expression. It contains a recording studio, photography studio, performance stage with motorized backdrops and a runway, and classrooms. Currently it hosts private yoga lessons, theatrical classes, music lessons, and monthly comedy and music performances. Fine arts classes in sculpture and more are in the works for fall. Equipment and space is available for artists and teachers to use. Owner Eric Rentschler said, "My mission is to help starving artists and established artists find their way in the world." He envisions the space being used by visual artists, dancers, yoga instructors, and musicians, who will create, teach, and collaborate together, while supporting one another and learning new modalities of expression. He does freelance recording work and photography, which helps support the studio.

His next big project within the studio is a "dream theater." Based on online submissions, Rentschler and others will attempt to literally bring people's dreams to life on stage. Each show will have a theme, such as flying, nightmares, and journeys.

He invites people to drop in to see the space and consider creating with the community of artists there. Drop-in hours are Tuesday through Friday, 12:00 to 3:00 p.m. Classes, performances, and other events are listed on the studio's website.

Eluminous Studios is online at www.eluminousstudios.org. Eric Rentschler can be reached by phone at (734) 944-0286 or by email at eluminousstudios@gmail.com.

Psychologist Rebekah Hansen opened her new private psychotherapy practice on the west side of Ann Arbor in the spring.

She holds a doctorate in clinical psychology and has been in practice for seven years, previously at a group practice in Brighton. Desiring to work closer to home, she made the leap to a small office off of Maple Road, near Zingerman's Roadhouse.

Hansen works on a sliding scale to help make therapy accessible, and she currently accepts Meridian, Aetna, and BCBS insurance plans (she is working on approval from other providers). She said that she really loves helping clients live their lives authentically. Working in hospice years ago gave her a clear vision to help people live with meaning and purpose. Hansen described her approach as integrated. She often uses mindfulness, guided imagery, and other tools to help people manage anxiety and move forward with their lives and goals. She also works with medical professionals on trauma they may experience on the job. She provides counseling in workplace conflict discrimination and harassment situations, as well as family and couples counseling. She said that her therapy is “solution based,” and techniques she uses include cognitive behavioral therapy (CBT), dialectical behavior therapy (DBT), and motivational interviewing. Diversity is important to her, she said, and she enjoys working with LGBTQ people as well as immigrants and international students.

Rebekah Hansen’s office is located at 2311 Shelby Avenue, Suite 201C, Ann Arbor, Michigan 48103. She can be reached by phone at (734) 223-3520 or by email at rebekahpsych@gmail.com. More information is available at her site www.treetowntherapy.com.

Wendy Ascione-Juska, MSW, recently completed her life coach certification through the Coach Training Alliance and has started Serendipity Coaching Services.

She specializes in helping people with health and wellness, the mind-body connection, and finding balance in their lives. She is interested in helping people with mental health conditions, such as depression and anxiety, live strong and healthy lives. As one example of her type of work, Ascione-Juska is currently working with a client who is preparing to re-enter the workforce after being on disability for mental health problems. Coaching, she said, does not necessarily replace therapy. Depending on the client’s needs and preferences, it can be used in concert with therapy and other parts of the person’s treatment plan, or it can be an alternative if they choose.

Coaching is very client-centered, Ascione-Juska said. It “requires people to bring their agenda to the table.” Through guided questions and various tools, she is able to help people reach their own goals in living the life they want. One difference between coaching and therapy, she noted, is that therapists have a strict boundary when it comes to drawing from their own life experience, while coaches may share their personal experiences with clients when relevant. Since Ascione-Juska herself has struggled with anxiety and depression, she has developed strong coping skills that she is able to share when appropriate. Like therapy, coaching is confidential, and some therapists offer coaching as well as therapy.

“I look at my coaching practice as a way to help people integrate their minds and body. There is a strong connection between the physical body and one's mental health. When you are not taking care of yourself, you are of little benefit to yourself and to others,” she said. Much of her coaching is done over the phone, which she said can help remove some barriers for people who may have a hard time talking openly about the problems they’re experiencing when face to face. In addition to working with people struggling with mental health issues and looking to live their lives more fully, Ascione-Juska can work with partners or family members of those with mental health challenges to help them care for themselves and support their loved one in the best way they can.

She offers a free consultation for those considering working with her.

Serendipity Coaching Services is online at www.serendipity-life-coach.com. Wendy Ascione-Juska can be reached via email at wascionejuska@gmail.com or by phone at (734) 887-6035.

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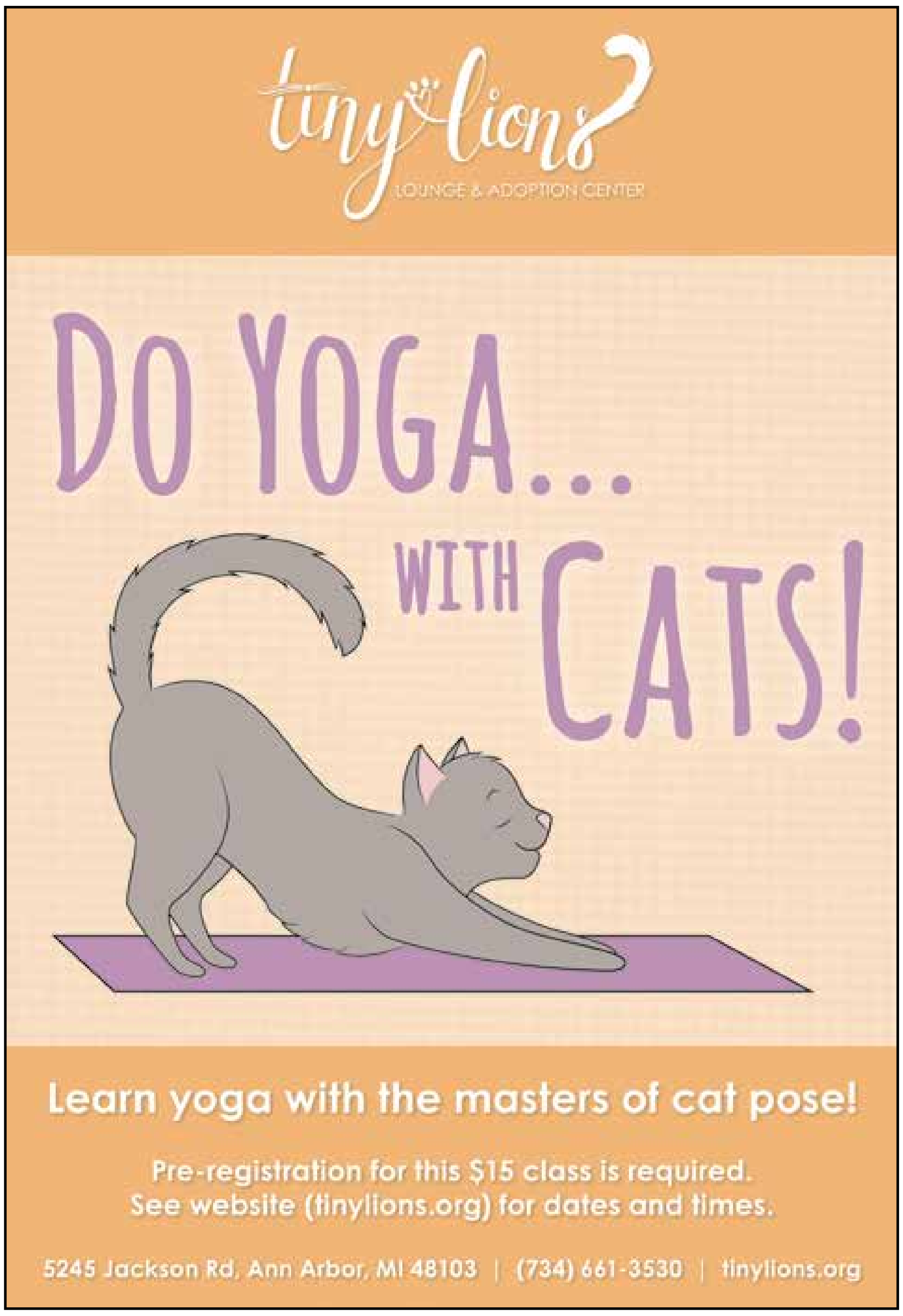
Please note that the “What’s New” column is an editorial (not paid-for advertising) feature of the Crazy Wisdom Journal, and the editors may or may not include what you submit. Whether the editors include material or not will depend on space considerations, as well as other editorial issues, such as the need for high resolution jpgs and the overall mix of stories included in the “What’s New in the Community” column in a given issue. If you would like to submit information to be considered for this column, please email communitynews@crazywisdom.net or drop off or mail to the store: What’s New in the Community, 114 South Main, Ann Arbor, MI 48104. The firm deadline for submissions for the next issue (January through April 2017) is October 30, 2016.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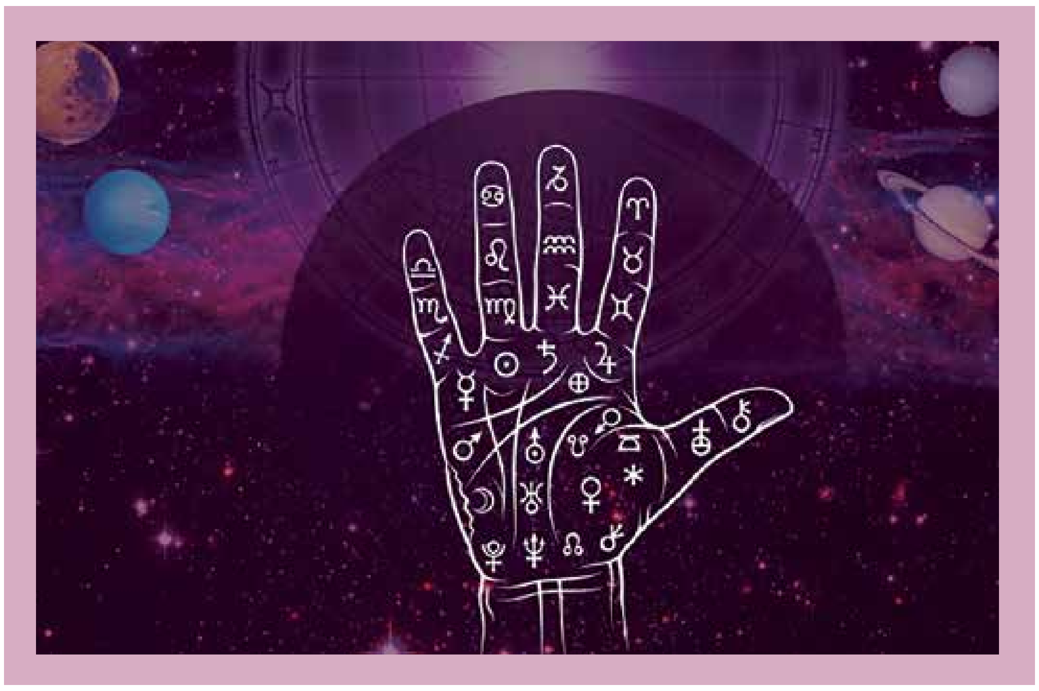
CRYSTA GOES VISITING

In this column, Crysta Coburn writes about crazywisdom-esque people and happenings around Ann Arbor.



1 Healing and Self-care with Charles Smalls

Descended from a long line of healers, nurses, and nurturers, Ann Arbor-based massage therapist Charles Smalls has healing in his blood. “My great-great grandmother was a kind of medicine woman in North Carolina,” he said. After working a number of jobs from furniture mover to grocery manager, Charles found massage, thinking it would be a nice side job to do in his spare time. While attending school, however, he realized where his real passion lies — in healing. Now, Charles is a full-time massage therapist and healer, joyously pursuing what he loves and always eager to learn more.

To offer the best possible care, Charles draws from the many traditions that he has studied (and continues to study) — Swedish, Indian, myofascial, and more. He treats the body as a whole rather than focusing on individual problem areas and is a big believer in keeping the body moving to keep it working properly, saying, “The stiffer we are, the more it hurts our bodies.”

Charles prefers to get to know the people he works on and build a relationship rather than treat everyone as “just another client.” He gets to know what they do for work and in their spare time. “Other than just [asking] ‘Have you had any injuries?’… I’ll ask people, ‘Do you laugh a lot?’ or ‘How often do you wake up in the middle of the night?’ [I] can get a picture and a good idea of where they’re coming from.” He schedules 45 minutes between appointments specifically for this purpose.

> *“Other than just [asking] ‘Have you had any injuries?’… I’ll ask people, ‘Do you laugh a lot?’ or ‘How often do you wake up in the middle of the night?’ [I] can get a picture and a good idea of where they’re coming from.”*

What I found particularly interesting is Charles’ work with Alzheimer’s patients in assisted living homes. He notes that geriatric massage is unique and focused on light touch and showing caring to a population that is often ignored. “You want to get them to stand up and stretch out a lot more,” he said. He started gradually by just sitting with the patients and watching television with them, the moved on to “touching and moving and letting somebody know that your intent is that you care, and you want them to feel better — you want them to feel loved!”

He said the main thing, especially as we all get older, is to move. Don’t just sit in a chair for hours, take breaks! Stand up, stretch, move the body, dance a little. And especially, breathe deeply from the stomach (by expanding the diaphragm), he reminds us, not shallower chest breathing, what our bodies do in fight-or-flight mode, which can stress the body out and cause muscles to tense.

Of the many therapies we talked about, the one that I found the most enticing is called float therapy and involves just that, “lying in 10 inches of water in a large, cozy, and luxurious [Epsom salt] bath,” according to the website of Bloom Wellness, one of the places where Charles spends his work week. I can’t wait to try it out!

To schedule an appointment with Charles, call (734) 945-2503. To book a session with Charles at Bloom Wellness, located at 2450 W. Stadium Blvd., Ann Arbor, call (734) 436-8492.

2 Exploring Our Relationship to Sound with Benjamin Moore

Sitting on my couch, legs crossed (with a snoozing kitty nestled between my knees), eyes closed, and arms relaxed at my sides, I felt like I was flying through an ever-changing painting as different shapes and images coalesced behind my eye lids. Sometimes lights flashed rapidly or pulsed gradually from one side of my vision or the other while the lighting in the room never actually changed. It felt both relaxing and exciting at the same time. I was in the middle of what local musician and artist Benjamin Moore calls a “sound bath.”

> *“As a percussionist and drummer … I had heard a gong before many times, but it was at that point that it just changed my world.”*

“I’ve been a drummer my whole life,” Ben began. It was while on tour at a horror film convention in Austin, Texas, that he had a “synchronistic moment … that was definitely a door opening.” To “balance out the dark” of the convention, Ben sought out a nearby yoga studio called Yoga Yoga. At the end of the session, the instructor used a gong to enhance the relaxation of Savasana (Corpse Pose). “As a percussionist and drummer … I had heard a gong before many times, but it was at that point that it just changed my world. What I was experiencing was exactly what I needed to be experiencing at that moment.”

At the time, Ben’s band music was “heavy” and “sort of punk.” “With heavy music,” he explained, “there’s this purging, and there’s an abrasiveness to it that kind of helps you get something out, and when you’re done there’s that calm… There’s a good place. I want to provide that good place right away… I want to play music that feels good.”

From then on, Ben has explored “sound and our relationship to it, and how powerful it is. It has this ability to heal.” He bought a gong and over time has acquired more instruments, among them beautiful crystal and Tibetan singing bowls. “I want to expose people to the idea of developing a healing relationship with sound,” Ben said. He hopes to reach and help people in any health or life situation.

Rather than one-on-one sessions, Ben usually works with small groups. (He doesn't think of it as performing.) And I can personally attest that it is a deeply meditative and profoundly relaxing experience. Even my cats were affected. The eldest, who is deaf but could still feel the sound vibrations, completely melted into my lap and was completely contented and relaxed the remainder of the night. (The youngest jumped into the largest singing bowl and looked around in astonishment when Ben gave it a tap.)

I still felt the effects of deep relaxation the next day, going through my work with an inner sense of calm. It may have faded since, but how I tune into music and sound has been enhanced. I pay more attention to how it makes me feel physically as well as emotionally. And it's wonderful.

Contact Ben Moore through email at soundworkben@gmail.com or by phone at (734) 612-5986.

……

3

What Our Hands Say According to Vijayalaxmi

Look at the palms of your hands side by side. See all those lines? The tiny creases along the sides of all of your fingers? Do you know what they mean? Vijayalaxmi does. She uses a magnifying glass to study all of the details, offering insight into her clients' strengths, struggles, feelings, likely future events, and more. A scholar of *hasta-samudric shastra,* the ancient Indian science of palmistry, as well as numerology, astrology, and tarot card divination, Vijayalaxmi recently invited me into her beautiful home (she also has a keen interest in decorating) to tell me about her passion for helping people.

"I was always interested in occult sciences, and have been using my knowledge… for three decades," she shared. "Before coming to the U.S., I was practicing in India and was well-known for accurate, positive readings. I [had] done readings for a five-star resort hotel for several years."

When I ask how she studied palmistry, she told me, "I studied from ancient Indian books as well as Western books. It became a passion to help create positive energy through my readings." She has read a number of ancient original Sanskrit texts.

For the last 11 years she has offered weekly walk-in readings at Crazy Wisdom. A friend of one of her sons first brought her to the store after receiving a reading, telling her, "Vijayalaxmi, this is the place for you." Vijayalaxmi went on, "I fell in love with this spiritual center; the connection was established instantly."

Getting into some of the particulars of palmistry, she explained, "The [nondominant] hand is God's plan for you. The [dominant] hand is what you are doing with that plan." This is why the two hands don't look the same, and lines and creases change over time. Comparing the two, she offers clients "guidance in creating harmonious energy in the different aspects of their life."

> *"The [nondominant] hand is God's plan for you. The [dominant] hand is what you are doing with that plan."*

She couples palmistry with numerology, and when she works out from my birthday that the number two is lucky for me, she laughs and declares that is why we had run into snags trying to meet up (we re-scheduled twice). The number two is also a good number for her, and the date of our finally meeting was the eleventh. In numerology, 1+1=2, so the eleventh was a good day for us both.

Vijaylaxmi has recently also started offering card readings to her walk-in clients. When I ask about that, she answered, "Tarot cards divination is used for giving guidance in different aspects of life to subconsciously hidden answers to important concerns in life, towards creating positive energy, joy, peace, abundance, health, and to solve relationship problems."

If you are experiencing uncertainties in your life and need some heartfelt, impartial advice, Vijayalaxmi is here to bring her extensive knowledge to your aid. And it will feel like talking to a loving friend.

For appointments and party readings, call (734) 961-8052. Walk-in readings at Crazy Wisdom are the first and third Saturdays and second and fourth Sundays from 3 p.m. to 6 p.m. of every month. Fore more information, visit www.positivepalmistry.com.

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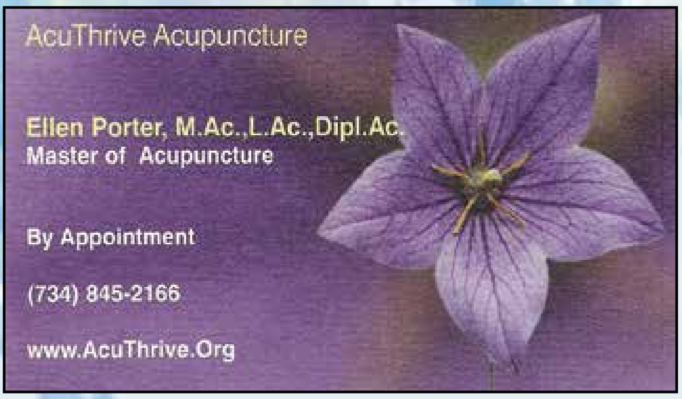
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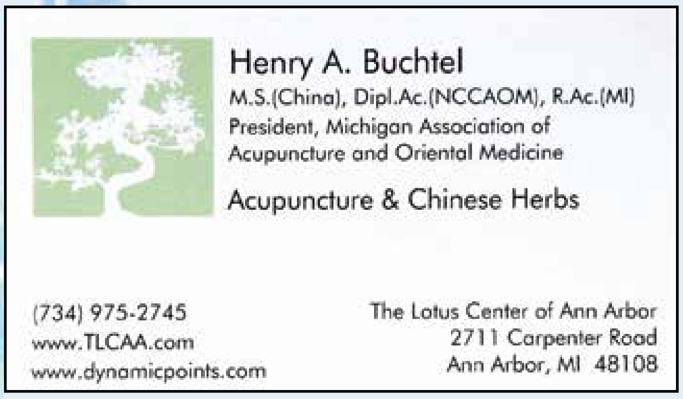
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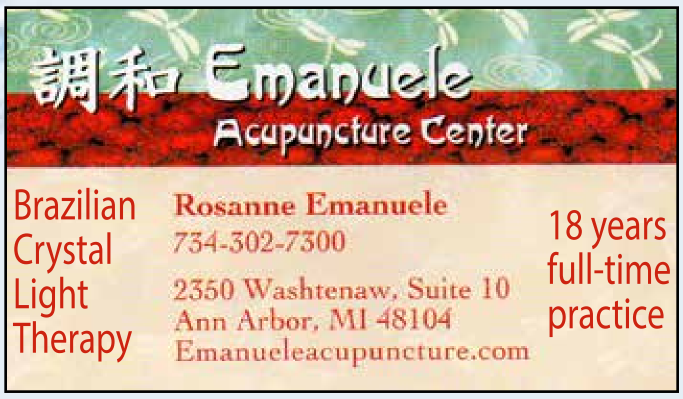
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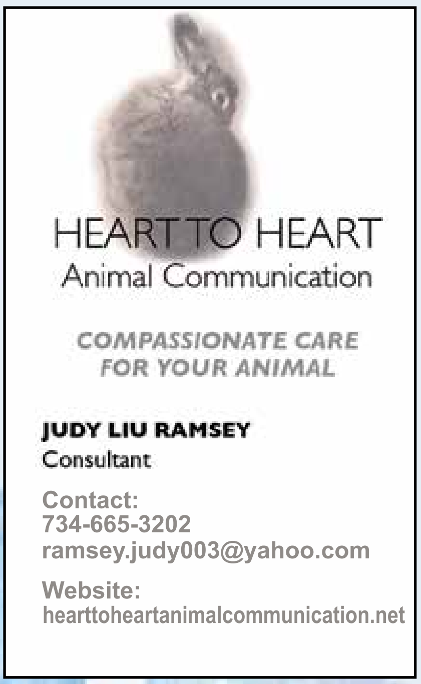
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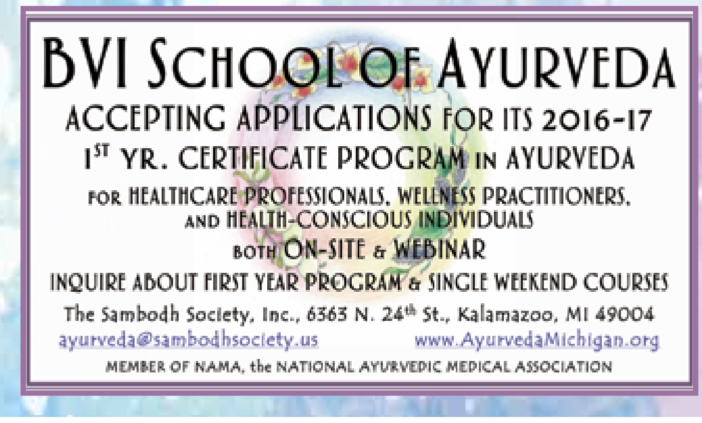
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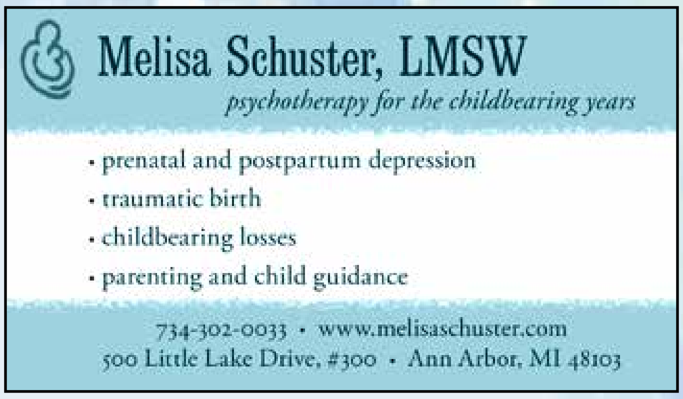
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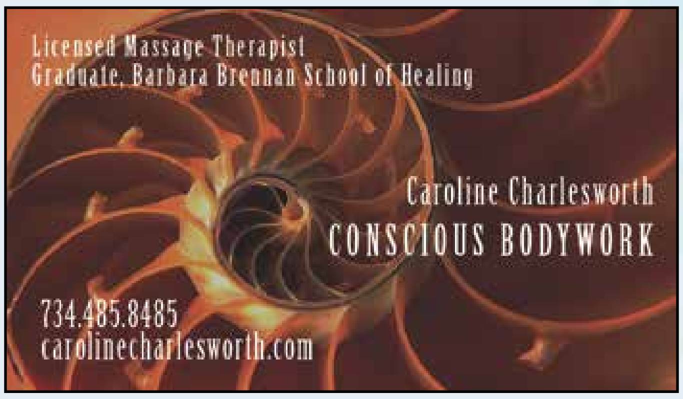
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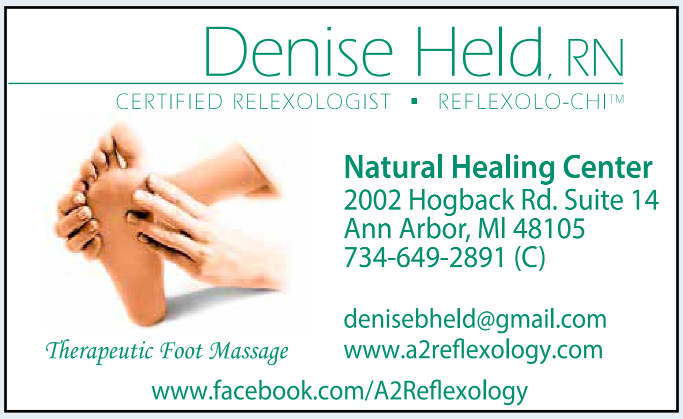
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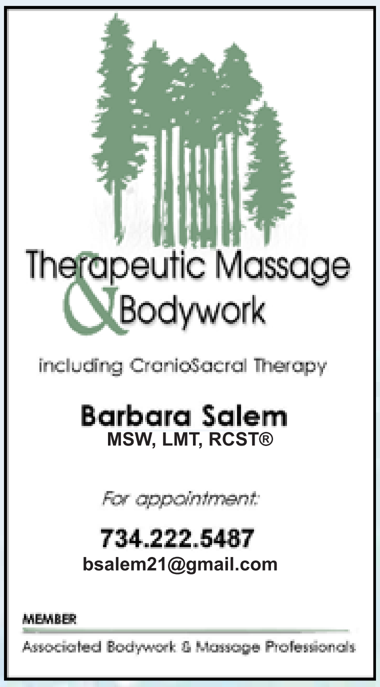
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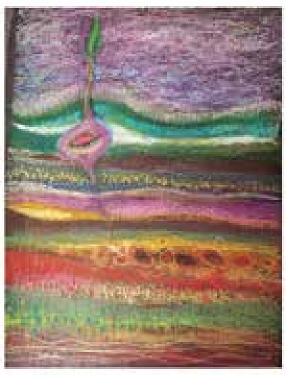

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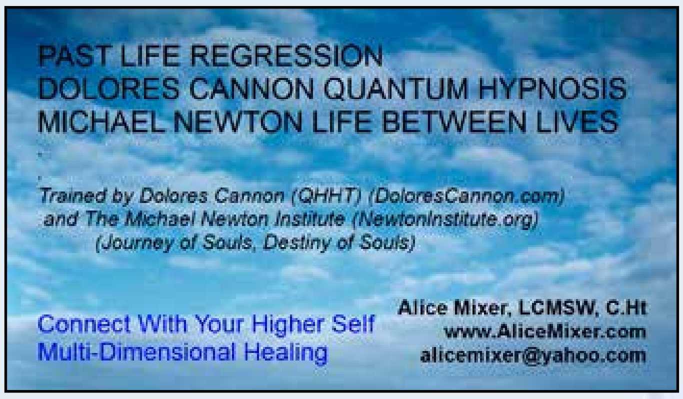

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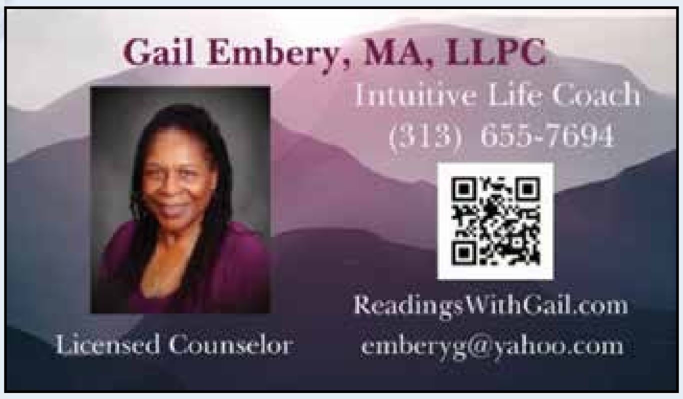

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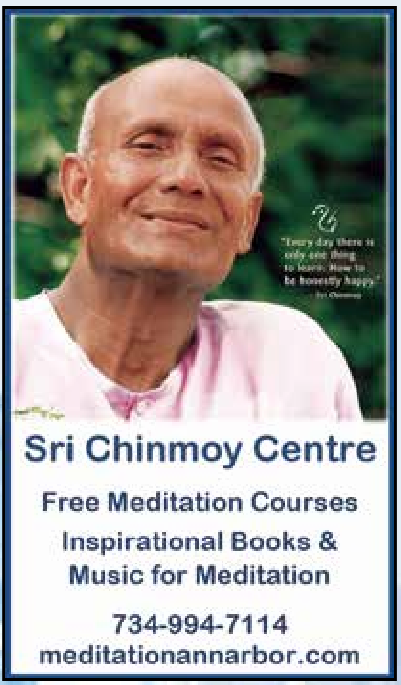

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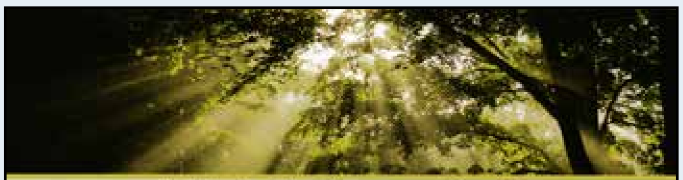

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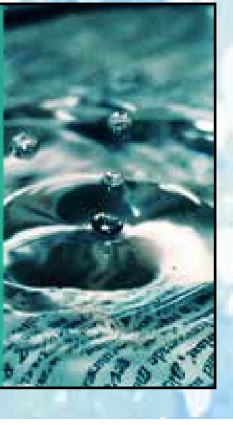

Leaps of Faith

Tales of Local Businesses

This is part of a series of articles we've been doing on local business owners and their relatively newer businesses. As the economy in Michigan has slowly rebounded in recent years, there are always brave souls who have taken a leap of faith and opened their own businesses here. What follows is a profile of a recently opened art studio.

By Mary Runser
Photos by Susan Ayer

Flip the Script at Flipside Art Studio

Flipside Art Studio
255 E. Liberty Avenue, Suite B213, Ann Arbor, MI 48104
(734) 997-5066; flipsideartstudio.com

Flipside
An Art Education Center

Mary Kay Stevanus

"I had one mom come in and you could visibly see the stress on her face when she walked in.... She was here the whole time, and you could practically see her blood pressure decrease and the stress disappear. I thought this is why there's art therapy."

—Mary Kay Stevanus, owner

Last spring, on Sunday, May 15th, Flipside Art Studio opened its doors for the first time to the Ann Arbor area and, according to owner Mary Kay Stevanus, the turnout was great. "It was wonderful to see the two and three year olds not want to leave. That's a good barometer," she said. Mary Kay continued,

> I had one mom come in and you could visibly see the stress on her face when she walked in. She obviously had a lot going on in her life and was just stressed out. She sat down at one of the tables and created a beautiful acrylic on canvas painting. She was here the whole time, and you could practically see her blood pressure decrease and the stress disappear. I thought this is why there's art therapy.

Mary Kay is excited to begin welcoming the community into her newly renovated space located in the basement level at 255 E. Liberty Avenue. The studio has been renovated and painted (by Mary Kay, herself) with some bright cheery colors, and is well lit and cozy. The space is inviting and, with the art supplies within easy reach of even small children, entices you to step into your creative genius, unencumbered and free of the daily challenges and tiny minutiae that too often become entangled in our lives. "You know, it was exciting to see the desire to create on the faces of the children and adults who were here Sunday," Mary said. "Seeing that excitement gives me hope that this studio will be successful; that people will want to come back and experience the joy of creating beautiful works of art. And, I'm not even basing success on a monetary return, you know?"

"I'm at a point in my life in which my working time is over, so this venture is something I want to do, not something I need to do."

—Mary Kay Stevanus, owner

Originally from Rochester, New York, Mary Kay took a circuitous path that included marriage, work, children, and even a gig as the coach of her son's traveling hockey team, before arriving in Ann Arbor. She lived in various places in the United States and Canada, and finally moved to Ann Arbor three years ago. She explains, "My daughter goes to Emerson School for gifted kids. The psychologist who did the IQ testing recommended Ann Arbor, and so, here we are."

Having always had a flair for the creative, whether through cooking and entertaining or interior decorating, and now teaching art, Mary Kay has finally seized the opportunity to live the creative life she's always desired. "I'm at a point in my life in which my working time is over, so this venture is something I want to do, not something I need to do," she said. It is becoming increasingly difficult to find quality art programs in the school systems and in realizing her passion for the visual arts, opening the art studio was something Mary Kay felt she had to do. "I want the classes to be more freestyle and organic, with a curriculum which includes time for discussion of art and art forms," she explained.

Teacher Payton Cook & Class

Above all, the studio is not about Mary Kay or her personal desire to create art. She clarifies,

> This space is about the kids and adults who come here to learn to create art. I might hang one of my pieces, especially if I'm working with a group of kids and we create something really cool together. Otherwise, this is about the kids, the community. It's about reaching as many people as I can, bringing them in here and allowing them to experience working with professional materials in a fun and calming atmosphere, and then watching them create something truly beautiful.

Flipside Art Studio is fueled by the passion of not just Mary Kay but also her staff members, Payton Cook and Ted Woods. Payton received her BFA in studio art at The University of Carolina at Asheville and is now Flipside's Art Director, while Ted, an established comic book writer and artist, works as the main art teacher. Together, the trio offer courses with a range of titles, from Basic Drawing and Painting to a Mixed Media Madness Summer Camp (in which as many mediums as possible are used), to Drawing Superheroes and Creating Comic Books. Instruction is available in class (one-time occurrence, from one and a half to several hours in length), workshop (one day per week, running four to six weeks or longer), and camp formats (half-day or full day, for an entire week; and camps run through the entire summer).

"It's about reaching as many people as I can, bringing them in here and allowing them to experience working with professional materials in a fun and calming atmosphere, and then watching them create something truly beautiful."

—Mary Kay Stevanus, owner

At first glance it may seem these particular offerings address only the taste and schedules of children but do not fret as there will be plenty of opportunities for adults to play in the studio. "I'll have B.Y.O.B. [bring your own bottle] events as well," Mary Kay said with a laugh. "I want to do these events a little differently though [than franchises like Painting with A Twist or Paint and Pour], by encouraging and instructing participants to paint 'in the style of' a particular artist, rather than having a pre-printed picture on canvas to be painted." The first such event, Comics and Cocktails (a 21 and older B.Y.O.B. event), is planned for an evening in June and will be taught by art teacher and cartoonist, Ted Woods.

mix

A curated collection of artistically chic clothing, accessories, jewelry, and footwear. Comfy USA, Dress to Kill, Krista Larson, Transparente, Alembika, Moyuru, Robin Kaplan, Mieko Mintz, Grizas, and more!

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Her goal is to contribute to this community in a meaningful way by inviting locals in to her studio and making them feel welcome and at home, so they can be free to create and express themselves artistically.

Flipside Art Studio truly offers something for everyone to enjoy. It is a space for both children and brave adults who want to learn how to become artists, and it provides the tools, atmosphere and motivation necessary for them to succeed. Like children, adults need to have playtime too, and Mary Kay is more than happy to address this need at Flipside. She is also more than willing to take the studio to the community for those who cannot make it to the studio. In the future, she thinks aloud, "It would be great to purchase a van to take the studio out into the community to do some 'pop-up' events, so more people can experience the excitement and satisfaction of creating art." She is also willing to consider having additional studios throughout the community, and to work with other community institutions to provide ample opportunity for people to experience the fun of art.

In finally being able to settle into a slower pace of life and being afforded the opportunity to enjoy art again, Mary Kay finds herself in love with the Ann Arbor area. "Chicago is one of my favorite larger cities, and Ann Arbor reminds me of Chicago on a smaller scale. There's so much to do here with wonderful restaurants, a fabulous downtown shopping experience, and an enriching community." Her goal is to contribute to this community in a meaningful way by inviting locals in to her studio and making them feel welcome and at home, so they can be free to create and express themselves artistically. Please stop by the studio and see for yourself. And by all means, spend a few minutes talking with Mary Kay to allow her positive energy and infectious excitement encourage your own creative spirit.

###

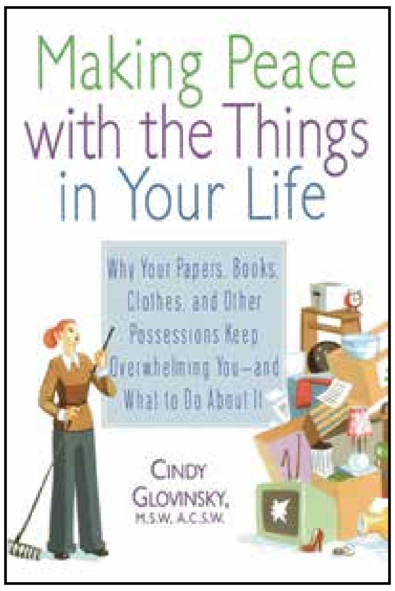
Room to Breathe

Organizing for Happiness and Harmony

to keep
to throw away

By Crysta Coburn

When I look around my house, I feel disheartened and lost. My fiancé and I moved in a year ago and things are still in disarray. The dozen-plus bookshelves not only bow under the weight of our books, but there just aren't enough to contain all of them. Piles of "to-be-read" books dot tables, chairs, and available floor space. Boxes and plastic tubs are stacked to shoulder height along the walls of two bedrooms. We lived in our previous apartment for nearly three years and some boxes were never even unpacked. Since the two of us are on different schedules, we're rarely in the house at the same time. The amount of time and work required to get our home in order feels overwhelming!


Making Peace with the Things in Your Life

Why Your Papers, Books, Clothes, and Other Possessions Keep Overwhelming You—and What to Do About It

Cindy Glovinsky, M.S.W., A.C.S.W.

How one's personal space, be it home or work, is organized has a great impact on one's energy, productivity, and sense of self. Organization, use, and harmony among multiple users of the space all have a hand in affecting our well-being. To some, well-organized means sparse, but this can be detrimental to usability and may not work for everyone. Luckily, there are a number of tools at our disposal to bring organization and harmony to our living spaces.

To some, well-organized means sparse, but this can be detrimental to usability and may not work for everyone.

The first question to ask ourselves when looking at organizing a space to best suit our lives is: *What do I want to get out of this space?* A feeling of peace, joy, or warmth? A place to recharge? Must it be welcoming or motivational? Or will strictly functional suffice?

The answer depends largely on who is using the space. Shared space should be supportive of everyone's needs (as within a family), not just a select few (the parents), and we all interact with our environments differently. A well-organized space can increase group harmony and enjoyment as activities become easier to accomplish.

The second question we must ask, closely tied to the first, is: *What do I want to project?* As Ann Arbor-based certified professional organizer Nia Spongberg points out, "Personal spaces often double as social gathering places. And since spaces reflect things about their inhabitants and often form part of our self-identity, the state of one's personal space can have significant social implications."

Whether it's side-by-side, hands-on help with organizing or a consultation to firm up one's confidence in a project, or to learn where to begin, bringing in a professional can really help one gain perspective and footing. This works in both a personal or home setting and within a professional space.

Rather than seeming silly, professional services like Nia's are valued because our society typically looks down on clutter and too much can make people anxious. Many people end up isolating themselves in their homes because they feel inadequate or ashamed of their disorganization and refuse to entertain company. They don't want people to think badly of them because of how they choose to live. In families with children, this can also negatively impact the children if the parents will not allow them to invite over friends.

A well-organized space can increase group harmony and enjoyment as activities become easier to accomplish.

On the other hand, a well-organized space decorated with intention can leave a favorable impression on visitors even if it is not how they would choose to organize the space themselves. Simply put, when something is loved, it shows. Caryn Simon of Tidy Nest, a prenatal organization service that includes registry advice as well as "assistance in clutter redaction" and more, elaborates, "I see it having a tremendously lovely effect on not just the main tidier. Everyone that is connected to their web will be touched as well."

So what is meant by the word "organized?" Does it translate to a tidy room where we can imagine dust-free shelves, all objects lined up, evenly spaced, and without a piece out of place or at an odd angle? This system works well for some people but for others is, as Nia puts it, an "impractical disaster." In order to be organized, do we also need to be tidy?

Not necessarily says Dana Casey, a local certified interior designer specializing in Feng Shui. "Disorganization is a state with a certain amount of chaos attached to it," she explains. "In the Essential Feng Shui I practice, it's believed to only fix something that is negatively affecting your life. So, some may thrive in disorganization." She also points out that "organized" or even "tidy" mean different things to different people. A stack of books pushed against the wall, for instance, to some is perfectly organized while to others is unacceptable clutter. Some of us work more efficiently having everything we need right at our fingertips, while others feel a sense of relief when items are organized in drawers and on shelves.

Simply put, when something is loved, it shows.

Feng Shui treats the home as essentially a living thing with bones (walls), arteries (hallways), eyes (windows), and accessories (furniture and other decor). Just like our bodies, we want to keep our homes healthy.

Nia Spongberg of Spruced Up Spaces

Dana Casey of Dana Casey Design

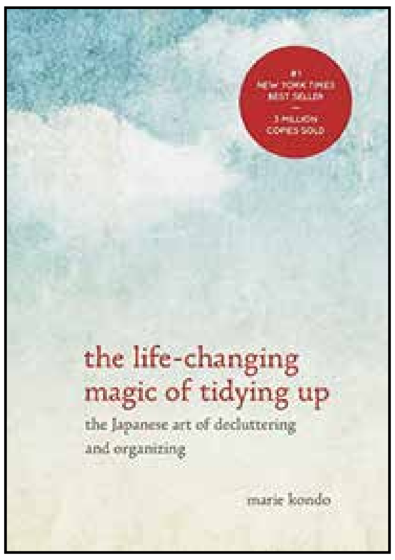
Caryn Simon of Tidy Nest

Regardless of our styles and preferences, we can all get organized and bring harmony to our environments. First, we need to identify our needs. Which state of disorganization are we in? Nia identifies two: chronic disorganization and situational. Examples of the latter include joining two households through marriage, downsizing after retirement, inheriting from a loved one, and (Caryn's specialty) welcoming a child.

Chronic disorganization often comes from simply not knowing how to be organized. This situation is thoroughly addressed in the book, *The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing* by Marie Kondo, which Nia says "hit a nerve," for better or worse, when it appeared on bookshelves near the end of 2014. (A follow-up book was released in January of 2016, *Spark Joy: An Illustrated Master Class on the Art of Organizing and Tidying Up*.)

Caryn is a big fan of the KonMari Method (KonMari being a Japanese contraction of Marie Kondo). In essence, Caryn explains, when decluttering a space, "One literally places their hands on an object, and if it contributes to a feeling of lightness, joy, or deep breath, you keep it. If you find yourself feeling heavy or dark, drifting into sour memories, sad, or suddenly lonely... get that thing out of your house!"

Feng Shui treats the home as essentially a living thing with bones (walls), arteries (hallways), eyes (windows), and accessories (furniture and other decor). Just like our bodies, we want to keep our homes healthy.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marie kondo

Dana uses a more visual analogy (one I can seriously relate to right now) to describe this concept from a Feng Shui perspective:

> *[I]magine a home and the front door is surrounded by stacked pots on each side, some are broken, some are chipped, while others have dead plants in them. The door paint is peeling and the handle is loose. Each day you enter this home. It's your home and you enter via the front door. And each day you walk up to the door thinking how much you are irritated with those pots, the mess, and that you need to fix the door and paint it; but you're tired and so months go by without any action. You're thinking about it day in and day out, it's always in your subconscious state and sometimes in your conscious state; it wears on you mentally and the chi, the energy entering your home is not the energy of vitality. You literally carry your energy into the space daily, and the stagnant chi of the front door, pots, and dead plants hinders vital energy or chi from entering your home.*

This imaginary home is cheerless and does not "spark joy."

GARAGE SALE

So where does one start? All professionals agree: just start! Nia breaks the process down into four basic steps: sort, purge, re-store, maintain.

So where does one start? All professionals agree: just start! Nia breaks the process down into four basic steps: sort, purge, re-store, maintain. Sorting is when one physically handles every object looking for that spark of joy. Purging is where one gets rid of those "dead plants." Next, re-store the items that make the cut in their new homes. (It helps to think of an object's proper place as its "home" because we are more likely to see it as belonging there and return it to its spot.) If you need help staying focused, invite a friend over to keep you company and on task.

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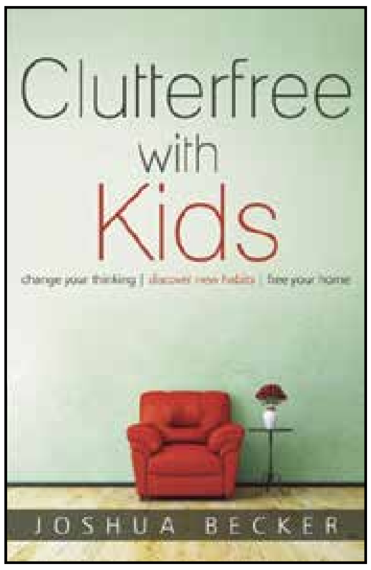
The hardest step might be the last one, maintaining and committing to the change. Nia says, "The journey to an organized life begins in your head." Caryn agrees, "I would definitely say it starts inside of us, with a fundamental desire for joy." And maintaining that commitment to joy is the key. If we think of it in terms of Dana's imaginary front door, how much happier and refreshed do we feel with a clean coat of paint, thriving plants in unchipped pots, and a freshly swept entry? This is a space we can take pride in and will want to maintain.



So let's all take a deep breath and dive in!

Suggested reading:

Clutterfree With Kids: Change Your Thinking. Discover New Habits. Free Your Home
by Joshua Becker

Making Peace with the Things In Your Life: Why Your Papers, Books, Clothes, and Other Possessions Keep Overwhelming You and What to Do About It
by Cindy Glovinsky

Clear Your Clutter with Feng Shui: Free Yourself from Physical, Mental, Emotional, and Spirtitual Clutter Forever by Karen Kingston

ADD-Friendly Ways to Organize Your Life: Strategies that Work from a Leading Professional Organizer and a Renowned ADD Clinician
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The Life-Changing Magic of Tidying Up: The Japanese Art of Decluttering and Organizing
by Marie Kondo

Organizing from the Inside Out: The Foolproof System for Organizing Your Home, Your Office and Your Life
by Julie Morgenstern

The Principles of Feng Shui
by Larry Sang

Nia Spongberg can be reached at (734) 531-9024 and www.sprucedupspacesllc.com. Find Caryn Simon at www.carynascreatrix.com and artemisia418@gmail.com. Follow Dana Casey online at www.facebook.com/danalcasey1/ and other social media listed on her website www.danacaseydesign.com.

Namaste, Katie...

Whether you're a seasoned yogi or getting ready to roll out your mat for the first time, you'll find a variety of tips from local yoga instructor Katie Hoener.

Dear Katie —

I understand that there are no "quick fixes" in yoga, or in anything! But I am wondering if there is any part of the practice that can give me that calm, clear feeling while I am away from my mat and carrying on with my daily activities.

Elizabeth G., Ann Arbor

Dear Elizabeth —

Have you been to my classes recently? You are so right; yoga is lifetime practice, ever evolving and developing (a lesson even the most experienced yogis need to remind themselves of from time to time). That said, no matter where you are in your individual practice, you can incorporate elements of yoga into your everyday life, even on the busiest of days. When people ask me if I practice yoga every day, I enthusiastically reply, "Yes!" I then add that it may be for ten minutes one day and for the length of a full class the next.

One of the most transformational elements you can take away from yoga is a greater awareness of the breath. "Pranayama" in Sanskrit means "control of the breath," and the practice of developing your connection to the breath is one of the eight limbs of yoga, according to Patanjali's Yoga Sutras. There are pranayama practices for invigorating the body and inviting energy, and practices for soothing the body and calming the mind. For any moment you desire clarity of mind, there is a breath practice to meet your needs.

One pranayama practice to bring clarity to the mind and balance throughout the body is called Anuloma Viloma (Nadi Shodhana by others), or "alternate nostril breathing." This practice does involve use of the hands, so prepare a space where that is safe. Find a comfortable position. Rest your index and middle finger on the palm of your right hand (leave your thumb and ring finger free as you will use them later to lightly close off the nostrils). Take a full deep breath in through both nostrils. Still on the inhale, use the thumb of the right hand to gently seal the right nostril, and then exhale fully through the left. With your thumb still lightly sealing your right nostril, inhale fully through the left. Use the right ring finger to gently seal your left nostril (releasing your thumb on the right nostril) then exhale fully through the right. Now inhale fully through the right nostril. Again, use the thumb of the right hand to seal off the right nostril and then exhale left. The exhale left completes one full round of the breath. Start out with three rounds and build from there. With each practice, consider adding a round, or perhaps inviting length between the breaths. Enjoy the renewed sense of balance.

There is nothing more yogic than making the practice exactly what you and your body needs. Keep it steady and comfortable!

Dear Katie —

I have been through physical therapy for low back instability, and my physical therapist recommended yoga as a continuation of strengthening for both the core and my low back muscles. Can you give an example of a move I may see in a yoga class that will address the low back?

Tania M., Ypsilanti

Hi Tania —

Yoga is a wonderful complement to your physical therapy, and I am grateful your PT has directed you to it. Lower back stability relies just as much on core strength as it does on muscle strength in your low back. In a balanced yoga class, these two areas of the body are addressed in equal parts to stabilize the pelvis.

One particular posture that is especially effective for lengthening and adding strength to the core and to the entire back body is Chakravakasana, or Sunbird Pose. In Sunbird Pose, you have the opportunity to challenge the body (at your own pace), and use balance to invite extra stabilization to the muscles you are targeting.

One particular posture that is especially effective for lengthening and adding strength to the core and to the entire back body is Chakravakasana, or Sunbird Pose.

To come into Sunbird Posture, start on hands and knees in Table Pose. Engaging the core muscles and the glutes, extend your right leg straight behind you and flex the foot, straightening the leg without locking the knee. Engaging the glutes, keep floating the leg above the ground, feeling the energy move out through the heel. For safety, keep the leg at the height of the spine, not above, as that can overarch the low back. When you feel ready, you can tighten the abdominal muscles and float the left arm (opposite arm to leg) off the mat, feeling the line of energy from the right heel through the fingertips on your left hand. After a few breaths, release; sink back to Balasana, or Child's Pose, to allow the muscles to relax and release. Use an inhale to rise back to Table Pose and switch sides.

Dear Katie —

Over the summer, while playing in a soccer league, I pulled a muscle in my inner thigh, and although I took some time off, there are certain yoga postures that are painful to do. I still want to attend my regular yoga class and have spoken with my teacher about the issue. Do you have any suggestions for a way to continue my classes while not further injuring myself?

Charles D., Dexter

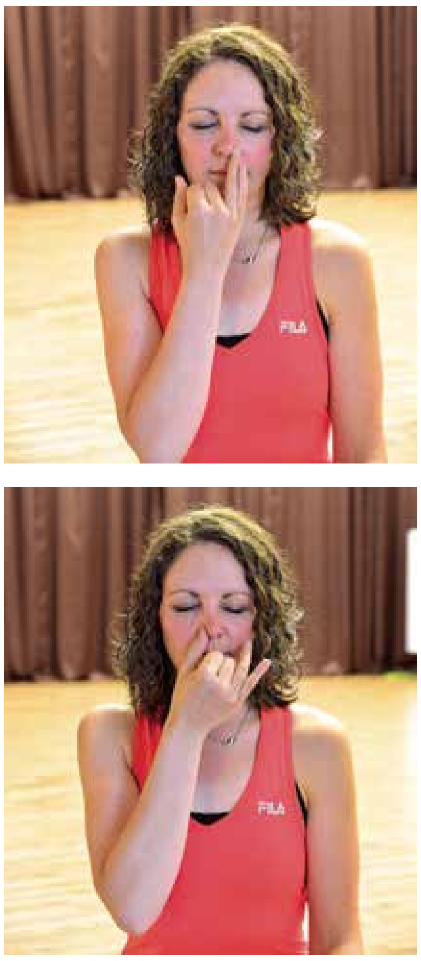
Dear Charles —

First off, yoga should not be painful. In Patanjali's Yoga Sutras, the physical practice of yoga on the mat is only referenced a few times. In Sutra 2 verse 46, it states that "Sthira Sukham Asanam," or asana, should be a steady and comfortable posture. This does not mean we shouldn't ever challenge the body, but rather, that in any posture we practice, we should be capable of supporting it with the breath and holding it in a steady manner.

With this in the forefront of our minds, it is imperative that we take care of our bodies in class. I have worked with injuries while teaching and taking classes, and these times have been some of the best learning experiences for me. I was able to really tune in to the capabilities of the body and our ability to care for it.

For each posture the instructor offers, take a breath and check in with your injured area. With the teacher's instructions for modifications, make the adjustments that your body needs. Allow yourself the permission to take on less than those around you, and perhaps to use props and supports. If needed, ask your teacher again if there are specific modifications you should be making for safety. There is nothing more yogic than making the practice exactly what you and your body needs. Keep it steady and comfortable!

One pranayama practice to bring clarity to the mind and balance throughout the body is called Anuloma Viloma (Nadi Shodhana by others), or "alternate nostril breathing."



Katie Hoener is an RYT 500, receiving her 200 and 500 hour trainings at Sun Moon Yoga in Ann Arbor. She is also a Licensed Master Social Worker. She is a partner at Verapose Yoga in Dexter (www.veraposeyoga.com). Please send in your own yoga questions to Katie@veraposeyoga.com.

Photography by Hilary Nichols

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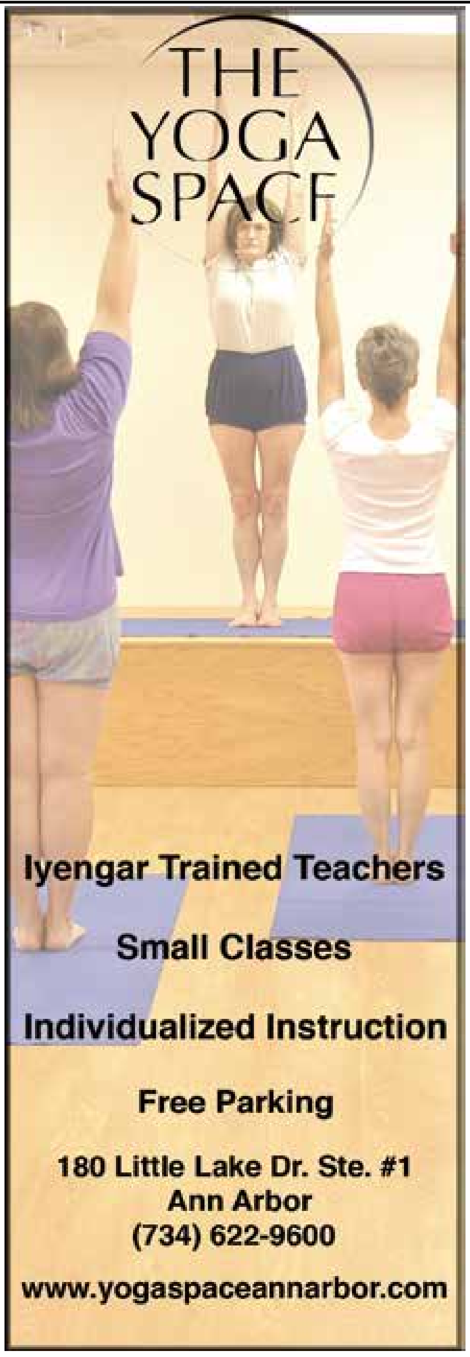

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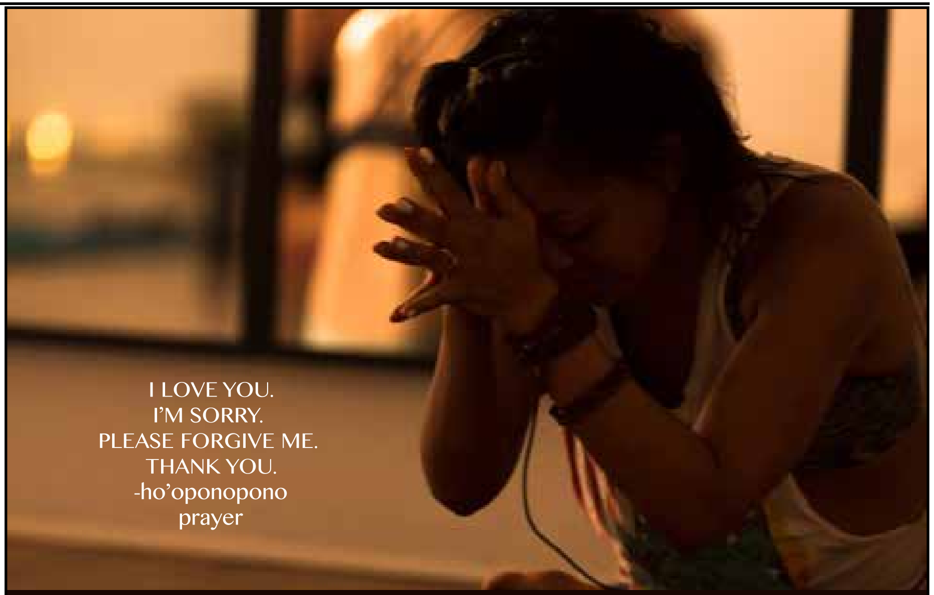

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Cultivating Care in Our Food System

Healthy, Accessible, Sustainable Food for All

By Erica Bertram

Did you know that on average, a hospital spends 1 to 7 million dollars annually on its food and beverage purchases? That is tremendous purchasing power. Tremendous purchasing power equates to a tremendous opportunity to make a difference.

Collectively, our healthcare institutions can wield their purchasing power to help foster a sustainable food system. Focusing millions of purchasing dollars on healthy, sustainably produced food is an investment in clean air, water, and an overall healthier environment. Institutions have the opportunity to invest in a culture of health.

The central fact is this — everyone should have access to healthy, fresh, locally produced food. Whether at home, school, work, or a hospital, healthy, fresh food should be readily available. Serving fresh, locally produced food within our healthcare system should be the norm not the anomaly.

The Ecology Center, an Ann Arbor-based nonprofit environmental organization, is joining forces to help address this need throughout Michigan. Through the work of its Farm to Institution program, the Ecology Center helps institutions, such as schools, universities, hospitals, healthcare facilities, and corrections facilities, participate in developing a healthy, sustainable food system. By helping institutions source local food and helping farmers and food suppliers produce the foods that institutions are looking for, the Ecology Center acts as a veritable matchmaker. Helping build connections and relationships provides the foundation for a thriving sustainable food system. The Farm to Institution program bolsters local and regional agriculture, addresses widespread issues such as diet-related diseases and food insecurity, and strives to make healthy food affordable and accessible throughout our community.

Serving fresh, locally produced food within our healthcare system should be the norm not the anomaly.

Lindsey Scalera currently leads this effort as program director. Her pursuit to ensure that all communities have affordable access to healthy, fresh food began in 2008. Her efforts were inspired by the realization that “everybody eats and that people, plants, and animals are all part of an ecological system and therefore share a stake in that system’s sustainability.” In 2009, Scalera established the Giving Garden at Eastern Michigan University, and seven years later, she became the director of the Farm to Institution program and the co-lead of the Michigan Farm to Institution Network. “For me, figuring out what needs to change in our society in order to cultivate a food system that nourishes people and the planet is what this work is all about,” she explained.

Over the past decade, much progress has been made within our food system. People are more likely to think about where their food is coming from and how it was grown. But even with the heightened demand for local food, there is still a need for greater transparency — transparency regarding where food is coming from and who produced it and by what methods. Increased transparency would make it easier for interested institutions to implement sustainable food practices. However, it would also present some challenges.

Our food system is enormous, even when broken down into local regions. It will take the involvement of concerned citizens, community leaders, governments, institutions, producers, distributors, and nonprofit organizations, such as the Ecology Center, to make a noticeable impact. The Farm to Institution program works in collaboration with two very important partnerships: Health Care Without Harm, a collaborative campaign for environmentally responsible healthcare made up of more than 250 organizations and the Michigan Farm to Institution Network. Through these collaborations, we’ve worked together with hundreds of advocates throughout the state to educate, engage, and empower institutions, farmers, producers, distributors, purchasers, and community leaders to cultivate a food system that cares about everyone affected by it. This means that farmers are paid a fair price, that institutions are financially able to sustain their food practices, and most importantly, that healthy food is made available for everyone, from the most affluent to our most vulnerable communities.

If we were to reach our goal of sourcing 20 percent local Michigan food by 2020, 200 thousand to 1.4 million dollars per hospital could be spent supporting a local, sustainable food system — i.e., local farmers, distributors, producers, and workers.

The Michigan Farm to Institution Network was launched in 2014 along with our local purchasing campaign, Cultivate Michigan, as a space for learning, sharing, and working together to get more local food to institutions. In the short term, we aim to help institutions meet the Michigan Good Food Charter goal of sourcing 20 percent Michigan food by 2020. Over the long term, we want to see healthy, local foods on the menus of schools, hospitals, colleges, and other institutions.

Over the long term, we want to see healthy, local foods on the menus of schools, hospitals, colleges, and other institutions.

Currently, through the Cultivate Michigan program, 104,104 meals are being served per day in 46 participating institutions. This includes 11 hospitals, 2 long-term care facilities, 27 schools and districts, 4 early childhood programs, and 2 colleges and universities. Momentum for the movement is building as more lives benefit from access to good food.

“Institutions have tremendous purchasing power, which they can leverage to affect changes in the food system. The same way consumer demand for sustainable and local foods has grown, so has the demand for these foods to be served in places like schools, colleges, and hospitals. Many institutions have made commitments like Cultivate Michigan’s 20 percent locally sourced food by 2020 goal,” stated Scalera.

“Tremendous purchasing power” is not an overstatement. If we were to reach our goal of sourcing 20 percent local Michigan food by 2020, 200 thousand to 1.4 million dollars *per hospital* could be spent supporting a local, sustainable food system — i.e., local farmers, distributors, producers, and workers. You don’t need to be an economist to understand that is as good for local economies as it is for the health of our communities. So while the primary motivation for this work is to cultivate healthy people and a healthy planet, healthy economies are also supported.

Although there is much work on the road ahead, a lot has been accomplished already. Bronson Healthcare in southwest Michigan is a prime example of what can be accomplished by making local purchasing a top priority. Not only have they met the Michigan Good Food Chapter goal, they’ve exceeded that goal and are sourcing 33 percent of their food locally. Education, engagement, perseverance, relationship building, and collaboration were essential to making this happen. Healthcare institutions like Bronson are leading the way toward a sustainable food system that supports prevention-based healthcare.

Diet-related disease is a leading cause of preventable illness and death in our country. Providing healthy food at the very place one seeks health is vital. It is clear that health and a healthy food system are unequivocally connected. Designing and building a sustainable food system is not only a requisite for a healthy future, it’s entirely achievable.

Anyone passionate about our mission can get involved. The more voices advocating for change, the better. To be a part of the Michigan Farm to Institution Network, visit www.mifarmtoinstitution.org. If you make food-purchasing decisions within an institution, you can join at www.cultivatemichigan.org. If you’d like to receive updates about the Farm to Institution program, you can sign up at www.ecocenter.org.

Erica Bertram is the Ecology Center’s Communications and Marketing Director. She can be contacted at erica@ecocenter.org.

Bronson Healthcare in southwest Michigan is a prime example of what can be accomplished. Not only have they met the Michigan Good Food Chapter goal, they’ve exceeded that goal and are sourcing 33 percent of their food locally.

BRONSON MARKET

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DROUGHT JUICE: COLD-PRESSED AND HOME GROWN

DROUGHT
raw juice
DROUGHT
DROUGHT
raw juice
DROUGHT

By Chelsea Hohn • Photography by Edda Pacifico

The James sisters file in one by one, and Jenny, 29, the first to sit down, begins nibbling on a cookie and happily chattering away. All of the sisters are tall and dark haired, with an infectious energy about them that extends naturally to their business, DROUGHT Juice, the successful raw juice company based out of metro Detroit.

Jessie, 30, is next. She bursts through the door with her curly hair wildly framing her face. She immediately takes a chunk of the cookie from Jenny, asking if she can have a bite when she's already chewing. Julie, 34, is the last to arrive and slyly takes a piece of the cookie without asking. Jenny barely bats an eye. Apparently, the James sisters know how to share. They're only missing one, Caitlin, 32, a new mother.

Now that DROUGHT is in its fifth year of business, they've opened six retail storefronts and created a brand that is the leading organic juice brand in the Midwest and can compete in the crowded national market for specialty juices. Their success has landed them press in publications like *The New York Times, Elle,* and *Vanity Fair.* They ship nationally and their retail storefronts are located in Plymouth, Downtown Detroit, West Village Detroit, Bloomfield Hills, Royal Oak, and Ferndale.

When I asked how they gained in popularity, Jenny said it comes down to working hard to produce a premium product. It also helps that they were the first cold-pressed juice company in Michigan, and they've been working to educate people on the benefits of cold-pressed juice for six years now.

DROUGHT features about 15 juices at any time, sticking to old favorites like apple, lemon and ginger, green juices, and beet juices. They use all organic, non-G.M.O. ingredients 100 percent of the time and they don't cut corners. This means not using cheaper filler ingredients like celery or cucumber. They use the cold-pressing method, which allows most of the nutrients from the ingredients to remain intact in the juice, as opposed to centrifugal juicing where some nutrients can be lost. In addition to full juices, they offer potions, smaller more concentrated juices, and shots like ginger and turmeric. They also recently started offering food like chia pudding and raw oatmeal.

DROUGHT's attention to detail and commitment to quality of course come at a price, putting most 16 oz juices at about $10 per bottle. This price also speaks to their high standards for running their business.

Though they launched national distribution this past summer, the sisters didn't set out to start a large company. Jenny and Jessie were living in New York City when the idea for a juice company was planted. They realized the availability of healthy options was far wider in the City than it was in the Midwest, and the James sisters saw that as an opportunity.

"We thought, you know, there's a DROUGHT of healthy options in Detroit specifically," said Jessie. With that, the sisters launched a Kickstarter campaign that raised $13,000, just enough to buy a few juicers and get a production line started.

Now successfully moving forward after doing $2 million in sales last year, they have come far from their days starting out in their parents' kitchen. Jenny explained that their success has come from their careful attention to detail, their sourcing, and their process.

The James Sisters, founders of DROUGHT

> "DROUGHT is a subculture of healthful living created by five sisters who are masters of extracting abundance from simplicity. The idea evolved from a collective longing for accessible, fresh raw juice — the need for a permanent oasis to rehydrate and revitalize."
>
> — DROUGHTjuice.com

Each juice comes in a glass bottle recognizable for its minimalist design, an aesthetic that is incorporated into their marketing materials and storefronts as well. Their look is carefully crafted, thanks to Julie who handles most of the design and marketing, and extends from the counter where you buy the juice to the bottle you walk out with.

Marketing has mostly been by word of mouth. This exclusivity, paired with their crisp, clean aesthetic and premium ingredients, has helped them in the luxury brand market and among the health conscious community.

Sharing a strong work ethic is something that has propelled the sisters forward into success. It was an expectation in their family to have a job by 14 years old, instilling in them the value of a dollar and their time.

All of the sisters are tall and dark haired, with an infectious energy about them that extends naturally to their business, Drought Juice, the successful raw juice company based out of metro Detroit.

An entrepreneurial spirit was also an asset they've possessed since they were children. The girls would go door-to-door selling newspapers that they made themselves (wonderfully titled *Kidz Nooz*). Their father also taught them about wholesale when they were young, such that selling their own gossip columns wasn't their only business. They enticed neighbors into buying repackaged potpourri from their parents' house. They would sell their own t-shirts, and of course, there were lemonade stands.

Their upbringing had a direct hand in how their business is run now. "My mom was always creative and she always taught us that if we don't have something, to make it," explained Julie. "We didn't have the money to buy things, so it was like, make it and sell it!" she said.

ARTICLE CONTINUED ON NEXT PAGE

DROUGHT

Their family was raised between Detroit, Plymouth, and Livonia. Their father had a luxury appliance distribution company as young man, and went on to have other businesses. Their mother is a ParaPro and works with kids with special needs. No doubt their hard-working spirit had an effect on the four sisters, as well as the rest of their family.

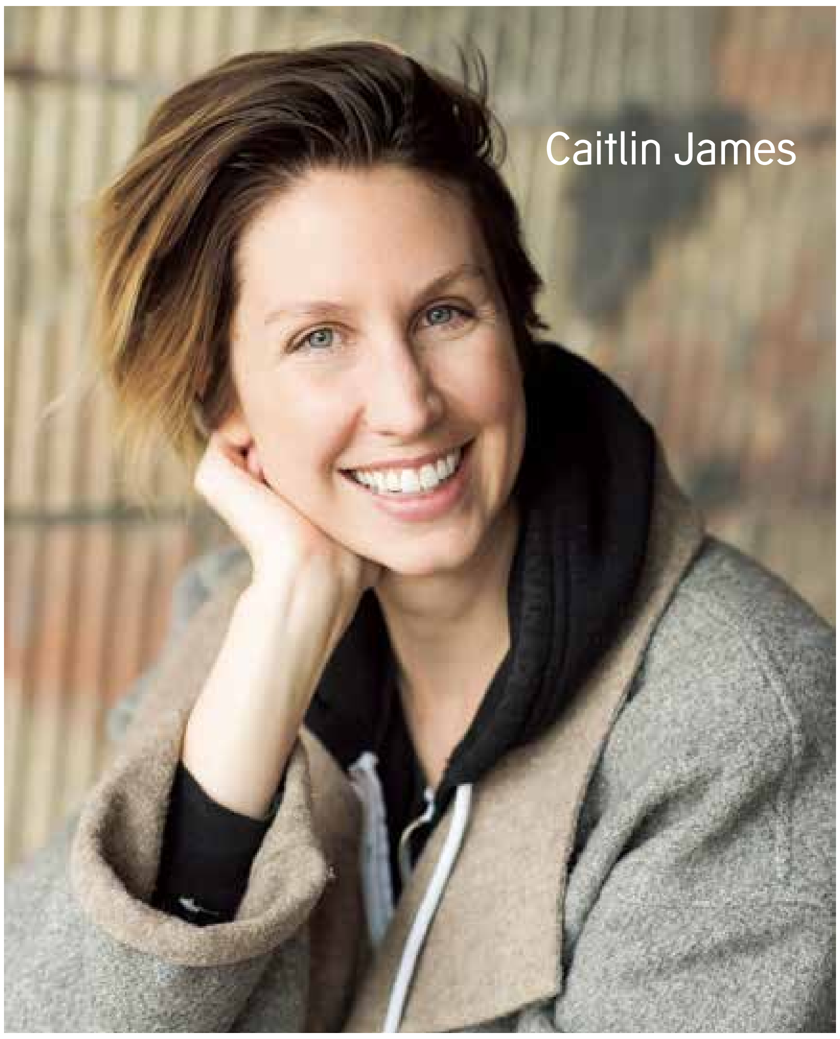
In addition to their parents, other family members support them. They have another brother and sister, Mark who is 36 and Jane who is 35. Both have personal investments in health and wellness and have had a role in helping DROUGHT continue forward. Julie also has a daughter, Stella, who can be found time to time running the juice counter like a pro. Jessie is married to Bianca, who helps to make the few small food items DROUGHT now offers as well. It's truly a family affair.

"We thought, you know, there's a drought of healthy options in Detroit specifically," said Jessie.

According to the James sisters, starting a business with your sisters means sharing roles and creating new ones, dividing responsibilities, and working to create a business that caters to each sister's strengths. "There wasn't a lot of conversation. It was just that some of us were naturally good at things," said Jenny. Their availability and natural skills determined the way things were divided up, and since the beginning, haven't changed much.

Falling into their roles naturally is another factor that makes having a family business a little bit easier. Non-verbal communication comes in handy as well. "We all know what we have to do," offered Julie. She explained that because they all share similar work ethics, it makes for fewer confrontations and allows them to have the same expectations for each other. They all know just how hard they should be working.

Their love for their business shows in the quality of their product and in their dedication to making DROUGHT grow. The quality is evident in their consistency; their recipes are always the same. It's evident in their meticulous attention to detail; each storefront shares a similar aesthetic featuring clean design, modern shapes, and a few lively details like small plants and natural wood.


Caitlin James

Jessie James

But what sets DROUGHT apart from its competitors? Personality. "We're interested in having fun and presenting ourselves the way we want to, rather than the way the juice market needs to see us," explained Jenny. "We can tap into our creativity and insert what we like and what we see as being the next wave into our business."

> Now successfully moving forward after doing $2 million in sales last year, they have come far from their days starting out in their parents' kitchen.

It's the combination of four engaged, lively, and dedicated personalities that trickle their way into their business that gives them their success. The sisters are genuinely pleasant, so it's no surprise that word of mouth has gotten them this far. All of the women have an exciting social media presence, and can be seen flitting in and out of their stores.

They say it's also the closeness of family that helps their business run smoothly from the backend. "We don't have to run into things where it's like, 'I have to tell a co-worker something but I don't know how they're going to respond and they're going to be mad at me.' She's my sister so I already know she's going to be mad at me!" Julie said laughing.

When asked if there are any challenges with so much closeness, Jenny said one challenge is that there's not a very big separation of family. "We hang out together, we work together, we happen to enjoy each other's company, so there's not a lot of, 'OK, we're done. Have your own time.' But it always turns into work," she said.

> With all the money they make going back into the business, and not having private investors to pressure them, they have the ability to focus on growing different parts of their business when they see fit.

Even at Christmas, even when they swear they're done talking about work, the subject always happens to creep back in. But they make a distinction by turning their phones off every once in a while, taking trips away from each other, and carving out time to just eat dinner without interruption.

In defense of working incredibly hard, Jenny pointed out that it's the reason they've grown so much. "If we were to just be like, 'I need my alone time, I don't want to work at this time,' I don't think it would be growing the way that it's growing," she said.

DROUGHT
DROUGHT

> "We can tap into our creativity and insert what we like and what we see as being the next wave into our business."
> —Jenny James

As they've grown, they've added staff members who allow them to live their own lives a little more. Expansion adds challenges though, and letting go of the control has been a necessary step for DROUGHT, one that has proved to be fruitful from their continuous success.

"You can't force anyone to care as much as you care," explained Jessie. "They're never going to have the mind that you have about your business, but we're lucky we have a lot of great people working for us right now."

As DROUGHT continues to grow, the sisters are focusing in on different things for 2016. Instead of focusing on expansion with new stores, they're delving into their brand and focusing on how to continue forward. With all the money they make going back into the business, and not having private investors to pressure them, they have the ability to focus on growing different parts of their business when they see fit.

They make sure their juices benefit the customer's health and also benefit their suppliers by supporting local agriculture. They're hoping to focus on refining the brand and getting back to the creative side of their business. Asked about the future, Julie hinted that their next venture is slightly more philanthropic. "What makes us unique is all of our ideas," explained Julie. "I think that we need to showcase more of that, now that we have help on the backend, and have more time to propel to the next level and become more unique than our local and national competition."

Jenny James

Julie James

> They hope to open a store here in the future, but for now the best way to get a DROUGHT juice is to make the trip to Plymouth or place an order for delivery.

DROUGHT certainly already has the demand to be in Ann Arbor, explained Jenny. They hope to open a store here in the future, but for now the best way to get a DROUGHT juice is to make the trip to Plymouth or place an order for delivery.

As their family business has grown, it's made them closer as a family as well. They feel supported by their parents, siblings, and extended family. Their mother has worked at one of their shops before, and their father will post promotions on his Instagram — if only to his twenty followers, Julie said laughing.

The James parents should be proud of what has come out of their household: four successful businesswomen who have grown a small cold-pressing operation into a big success.

For more information on DROUGHT Juice, visit www.DROUGHTjuice.com.

DROUGHT
DROUGHT
apple, lemon, ginger

A Practice of Mindfulness from Seed to Plate

By Angela Madaras

PHOTO BY TOBI HOLLANDER

I reflect on my experience with learning mindfulness cooking and eating practice during silent retreats at a Zen Buddhist Sangha in North Carolina. I examined the concept of gratitude when planting, harvesting, preparing and consuming food. Although these times were for deep contemplative study and complete silence, there was a common language spoken around the kitchen counter and table that I call reverence. Each Tenzo (cook) held a deep appreciation for the vegetables, herbs, grains and beans we lovingly turned into vegetarian meals for all to enjoy. I noticed that the attendees could feel the love and care that went into their meal as if it filled them with something deeper than just food. With my head humbly turned down, I could see out of the corners of my eyes the faces of people eating. I could hear the deep sighs of satisfaction filling the air. This gave me great joy.

The intention of Mindful Cooking Practice is to maintain the highest vibration while engaging in food preparation. Food carries energy. It emulates the grower, harvester and cook's mood and feelings. I want people to feel nurtured and content after a meal I have created. This too is why I choose to grow food in an organic and conscious way. I take great pains in planning, planting, seed sourcing, harvesting, preparing and preserving what I grow. There exists a chain of consciousness that starts with the seed and ends on the plate, both for eating and for sustaining life. I attempt to bring this practice into everyday life, but without the ceremony and ritual of temple life. In this way anyone can beget some sense of the sacred into the kitchen on any given day, even in the reheating of soup.

> **I examined the concept of gratitude when planting, harvesting, preparing and consuming food. Although these times were for deep contemplative study and complete silence, there was a common language spoken around the kitchen counter and table that I call reverence.**

I recently caught up with Tongsan Catherine Brown who taught a class she calls "The Way Seekers Guide to Kitchen Practice." I spent a Saturday with other seekers of conscious cooking at the Zen Temple in Ann Arbor gleaning knowledge from Tongsan (a name given to her when she took her precepts meaning "East Mountain"). She reflected on her studies of Zen Master Dogen's Instructions for the Cook found within a small paperback book titled *From the Zen Kitchen to Enlightenment: Refining Your Life* (Dogen and Uchiyama 2005). Dogen was a great Soto Zen Master during the 1200s who had many lessons for the Tenzo. As Tongsan read verses from the book, I had to bend and sway my mind through some of the translated text she shared. Each passage carries nuggets of wisdom wrapped in obscurity. For example: "Throughout the day and night, practice the coming and going of things as arising in the mind, the mind turning and displaying itself as things." I appreciated so much Tongsan's deep reverence for Dogen's teachings, and the joy she gleans from cooking with all her senses for others to enjoy. It is a gift she offers freely. Another wonderful practice she shared is gratitude for the food donated to the temple by way of the "Begging Bowl" (tangible donations to the temple). Whole Foods had offered up a couple boxes of provisions which we used for class. In this way the menu is guided by what is available. While she no longer lives at the Temple, Tongsan graciously offers a dinner to be purchased at the temple's annual "Zenefit" auction. The highest bidder gets a vegetarian meal for six prepared to the poem of their choice. She also is often the Tenzo for Buddha's birthday dinner.

> **Food carries energy. It emulates the grower, harvester and cook's mood and feelings. I want people to feel nurtured and content after a meal I have created. This too is why I choose to grow food in an organic and conscious way. I take great pains in planning, planting, seed sourcing, harvesting, preparing and preserving what I grow.**

What attracted me to Catherine's class was a statement in the Temple bulletin about the class: "The way-seeking mind finds wonders in the kitchen: garlic juice on the cutting board, the shimmer on the surface of hot oil, a good knife biting into an onion, sesame seeds dancing as they toast in the pan." The sensual nature of this statement was the same feeling of reverence I felt when making meals. It overtakes all senses and becomes a tango dance for lovers of food. Tongsan brought our attention to the way food smells uncooked versus cooked, the sound of tofu being pan-fried for "Temple Tofu" (see recipe), seeing the deep redness of beets, and feeling the texture of ground garlic paste on our fingers. We tasted everything in all stages of cooking as a way of paying homage to all involved in bringing the food to the kitchen. When the meal was ready to serve we plated the main dish, salad and dessert, then set the tables with intention and an obvious style of tradition. The main dish was set in the center of each place seating. Chopsticks and silverware had their own home around which were water glasses, the salad of the day and dessert. There was a lovely Raku tea pot in the center of the table along with a bowl of Gomassio (toasted sesame seeds with sea salt). After the table was staged with care we rang the dinner bell, and once all were seated we recited a "Meal Gatha" before eating in silence. This is similar to a blessing before a meal. It is recited with head bowed slightly down with eyes almost closed or closed. There is a gesture we made called "Hapchang" which is a sign of gratitude shown with hands facing palm to palm in a "prayer" position placed at the area near the center of chest-heart, then heads are slightly bowed. In Soto Zen Buddhism we call this "Gasho," meaning respect or reverence. It is also used as a greeting and when entering or leaving a temple.

> **"The way-seeking mind finds wonders in the kitchen: garlic juice on the cutting board, the shimmer on the surface of hot oil, a good knife biting into an onion, sesame seeds dancing as they toast in the pan."**

Meal Gatha:
This food comes from the labors of beings past and present. From this, our body-mind is nourished, our practice sustained. Gratefully, we accept this food.

Finally we ate our meal together in silence. Hot tea was poured into the main dish bowl after every morsel was eaten. We used the tea to "clean" the bowl, and then drank the tea. This serves as a metaphor for respect for the labor that went into the meal at all stages. This instills the concept of wasting nothing. The table was cleared and the dishes were washed in joy and conversation. I ended my visit with a few questions for Tongsan Catherine and a walk through their lovely vegetable garden cared for by Haru Sara Juster, who also raises bees.

> **Hot tea was poured into the main dish bowl after every morsel was eaten. We used the tea to "clean" the bowl, and then drank the tea. This serves as a metaphor for respect for the labor that went into the meal at all stages. This instills the concept of wasting nothing.**

Catherine, what sparked your interest in cooking and how long have you been tending to the practice of mindful cooking?

My mother was a very good cook in the Julia Child generation. I remember talking with my mother about cooking as I was growing up. When I went off to college, she took me out and bought me two chef's knives. She made sure I knew how expensive they were, and then said, "It's worth it because you'll use them all your life." That was 1977. I still use and care for and love those knives. In graduate school, I discovered that cooking as a practice (though I wouldn't have called it that then) was essential for keeping my balance. It brings me out of my head and in contact with my senses. In my other creative activities (writing) it takes a very long time to see a project through from conception into the world. In cooking there's immediate gratification.

What are your top 3 tips for cooks starting mindfulness kitchen practice?

1. Engage your senses. Listen to frying. Feel the knife bite into tomato skin. Smell the heating oil. See, really see, the colors.
2. Taste everything. Taste it raw, taste it cooking, and taste it cooked.
3. Dogen says: "Build temples out of ordinary greens. Wash the rice as if it were your own eyes."

Temple Tofu: Compliments of Tongsan Catherine Brown

Cut your extra-firm tofu (best to use fresh and locally made) into slices about ½" thick. If you have time, it's nice to blot the slices dry on a clean kitchen towel. Then cut into fingers about 3/4" wide, then into squares ½-3/4" wide. Eyeball it: is this enough to feed who you're feeding? If not, make more. If it looks like enough, make a little more anyway.

Temple Tofu

Put a heavy frying pan (we use cast iron) on the flame to heat. Pour in vegetable oil to cover the bottom of the pan. Get this nice and hot — but not smoking — and drop in the tofu. Even it out quickly so that the bottom is evenly covered.

(The size of your pan — i.e., how full it ends up being — will have an effect on the final product. At temple we tend to crowd as much tofu into the pan as we can. This makes for a soft, almost creamy dish. At home, because I'm not cooking for an army of meditators, I tend to crowd my pan less, and the tofu comes out crispier. Both methods give delicious results. See which one you like better.)

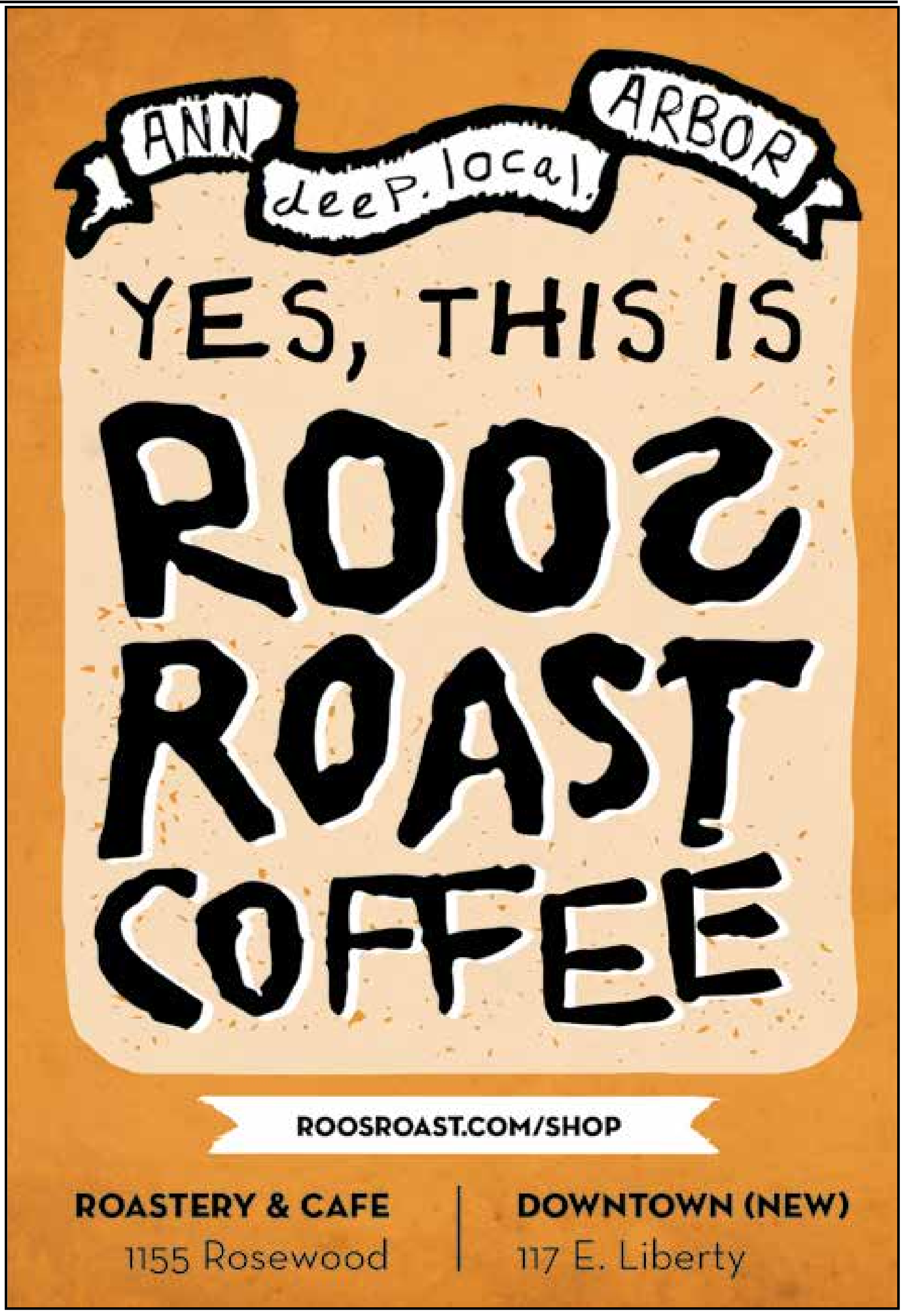
Sprinkle with salt and nutritional yeast. Let it cook undisturbed over medium heat for about three minutes (the more full your pan is, the more time you can wait). Now get out your spatula or stir-fry flipper and loosen the tofu from the bottom of the pan, flipping it around so that another side gets the heat now. Sprinkle a little more nutritional yeast and a little more salt. Cook undisturbed for another three to five minutes. Flip the tofu around again. Keep doing this until a little nibble makes you want more. Now splash in some soy sauce. A whoosh of steam billows up. Cook until the soy has evaporated, drizzle on a little dark sesame oil, and you're done.

A garnish will give extra joy. Sprinkle with sesame seeds, chopped peanuts, gomasio, paprika, chopped cilantro, or anything else that you have on hand that looks nice on the golden cubes of temple tofu.

PHOTO BY TOBI HOLLANDER

Ann Arbor Zen Buddhist Temple

Tongsan Catherine Brown is an associate professor in the Residential College and the Department of Comparative Literature at University of Michigan. She studies the European Middle Ages, especially manuscript bookmaking. The Ann Arbor Zen Buddhist Temple is located at 1214 Packard Street. For information about classes and events, visit www.zenbuddhisttemple.org. All are welcome.



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FARM BEAT

Raising EMMA

Visiting a Very Cool Sustainable Family Farm in Manchester

By Angela Madaras

Husband and wife team, Mark Skowronski and Michelle Kahlenberg, own and operate a small sustainable farm, called EMMA Acres, west of Ann Arbor proper in the beautiful farming community of Manchester. They raise primarily heritage breed livestock in a sustainable and humane way. Their organic practices are inspired by the likes of Joel Salatin. It is no surprise that with so many health-related illnesses being linked to inflammatory conditions, heart disease, and autoimmune disorders (like lupus and rheumatoid arthritis) that these scientifically minded farmers found the perfect prescription for keeping their family, community, land, and animals healthy and happy. Mark's previous career was in the field of environmental science. He is now the full-time farmer, cook, and "stay-at-home" dad. Michelle Kahlenberg, M.D., Ph.D., is a rheumatologist and assistant professor in the school of medicine at U-M, where she also runs a lupus research lab. The two of them understand the importance of food and how it directly relates to our health. This is where their story becomes personal.

I was diagnosed with systemic lupus in 1985. My mom died of complications related to lupus in 1975. My entire adult life has been about managing this debilitating illness while fighting off the destructive side effects from treatments such as steroids and chemotherapy. Multiple joint replacements, kidney issues, seizures, arthritis, and other maladies are realities of my condition's destructive behavior. Thankfully I was taught at an early age how to eat in a healthy way, and learned that weeding the garden can be a powerful form of therapy. This is why, at age 19, I got into sustainable agriculture, natural modalities, and healthy cooking. My garden is my sanctuary. My longtime rheumatologist Dr. Joe McCune, who heads U-M's Comprehensive Lupus Program, told me a few years back about EMMA Acres Farm, and how I should meet this young farming family. It wasn't until I began working on this article that I realized the connection.

I spent a couple hours with Mark on the farm getting to know a little about their incredibly active lives. He was just returning from school after dropping off the kids. While we were touring the farm, he watered and fed the animals, collected eggs, turned sheep out to pasture, opened up the barns, and received a call from the post office telling him his chicks had arrived. I could see the care that goes into each detail and every animal. He introduced me to the pregnant floppy eared sows that were lovingly fed and serenaded by classical music coming from the barn's boom box. Hens were running about eating bugs from the grass, and the sheep moved from one well-managed pasture to another filled with clover and dandelions. I asked Mark to share his philosophy of farming, and he replied, "Know the basics, and then adapt it to your property and lifestyle." I had a ton of questions for him:

Mark introduced me to the pregnant floppy eared sows that were lovingly fed and serenaded by classical music coming from the barn's boom box. Hens were running about eating bugs from the grass, and the sheep moved from one well-managed pasture to another filled with clover and dandelions.

The EMMA Acres logo

Why the name EMMA Acres?

It's an acronym representing the first letter of each member of our family: Emerson, Michelle, Mark, and Adyn. Michelle and I both grew up on farms; I was one of nine raised on a subsistence farm in Amish country in northeast Ohio, and Michelle grew up on a row crop farm in the former Black Swamp area of northwest Ohio. We met in college at Denison University in Ohio. We both love food in all its stages: growing, caring, harvesting, preparing, and eating it, especially with family and friends. I feel strongly that people, especially children, should be taught about where real food comes from, how it should be raised, and why we are raising livestock for meat. All of our animals are given food names to drive that point home. Our piglets are "baby bacons" and the meat chickens are "pasture-raised fried chicken."

Why did you decide to leave your career and start EMMA Acres with your family in 2011?

We discussed early on in our relationship back in college in the mid-1990s that we wanted to raise our children on a farm so they could have some of the experiences that we had growing up (experience real work, raise animals, have wide open spaces to play). We also began cooking and really getting into good, wholesome, healthy ingredients. As our careers progressed, life got crazy and our young son was spending more time at the baby sitter's than with us. In 2008, we decided to make a major change and I left my career to become a full-time dad with the plan to eventually buy a farm. When the real-estate market crashed, land prices dropped, and an opportunity arose sooner than we anticipated, buying a farm.

Can you describe your farm?

We raise all of our animals in an ethical manner, free-range on lush pasture in small numbers to maximize their health and the meat's nutrition for the folks that eat them. Our animals are happy, healthy, and delicious. Because we are a grass-based farm that practices ecological farming, most of our production occurs in the spring, summer, and fall. In the summer, we also grow vegetables using organic principles. Our lamb and beef are 100 percent grass fed, and our other animals are provided feed to supplement what is not provided entirely by pasture. In the winter, our animals are provided hay. Our hog feed is grown and ground by another local farmer. We also have large brown eggs available from our free-range pastured flock.

What inspires you to farm in this way?

We farm in a manner that improves our environment and provides healthy and delicious food for our family, friends, and community. It's farming with nature and

> EMMA Acres is an acronym representing the first letter of each member of our family: Emerson, Michelle, Mark, Adyn.

viewing the farm as an ecological system. I'm most motivated to farm this way because of my children. When I think about what kind of world they are inheriting, it's easy at times to be pessimistic about the future or our species because of what we are doing to our planet and to each other. So, we all have to figure out what we can do to improve the situation, because we all can in some manner. For me, it's farming the way we do and being a stay-at-home dad. For Michelle, it's all of that plus helping patients and investigating some really horrible illnesses.

I initially came back to farming (from my youth) through food and wanting healthy, nutritious, safe, and delicious ingredients. I read a lot of Michael Pollan and Joel Salatin, as well as Wendell Berry, after college. Michael Pollan has a great quote: "You are what what you eat eats." So, we graze all of our animals as they are naturally prone to do, and it results in really healthy animals that are happy and very tasty. The fat in our grazed chickens and beef is yellow, just like the color of real butter from pasture-raised dairy cows. You can see and taste the difference.

Describe your approach and timing of pasture rotation, and how it relates to soil and human health.

I graze small areas of pasture at a time with multiple species (cattle, sheep, hogs, chickens), then let it rest for about one month before grazing that same area again. This reduces parasite loads because most soil parasites are host dependant. Also, when pastures are grazed, the roots of the plants retract, and then they grow back as the plant grows. This constant dieback and re-growth of roots builds up soil organic matter fairly rapidly by mimicking natural herd movements. Our pastures are very diverse. We overseed with red and white clover to add to all the various grasses, herbs, and, what some call, weeds. I love the so-called weeds because they usually have the deepest tap roots that pull nutrients up from deep in the soil.

We do not feed our cattle corn or soybeans like most farms. Cattle are ruminants, which are designed to eat grass only. Feeding cattle grain dangerously raises the acid level in their rumens creating health conditions such as acidosis, which create prime conditions for the existence of E. Coli. Feeding cattle grain fundamentally changes the meat they produce, greatly increasing levels of unhealthy Omega-6 fatty acids and decreasing levels of healthy Omega-3 fatty acids. This change greatly impacts the healthiness of meat for human consumption. Scientists estimate that our Paleolithic ancestors consumed meat with an Omega-3 to Omega-6 fatty acid ratio of close to 1:1, and not more than 1:5. When cattle are grass fed and raised on pasture, the ratio of Omega-3 to Omega-6 is exactly where it should be for a healthy animal and therefore a healthy human eating that animal. These Omega-3 fatty acids are anti-inflammatory and a growing body of evidence-based research is illustrating their benefits for alleviating some autoimmune and inflammation-related diseases and symptoms.

What breeds of livestock do you raise?

I have two sows, Annie and Abby. Annie is a purebred Large Black Hog, which is a rare heritage breed. Abby is half Large Black Hog and half Berkshire, which is also a heritage breed. We have several kinds of meat chickens, all on pasture. Two of the types are heritage breeds: Plymouth Barred Rock and Freedom Rangers.

What is a typical day like for you?

Wake up at 5:30 a.m., do farm chores (feed/water animals), prepare breakfast for family, wake up kids, feed them, drive them to school, return to farm, work on farm projects (rotating animals, fencing, manure management), prep dinner, pick up kids, do farm chores, make dinner, work outside till about 9 p.m., sleep.

Can you describe Michelle's garden?

The garden is grown with the intent to be able to cook and create any dish with our own ingredients. We try to grow most herbs and some interesting things like okra sweet potatoes. We grow many things in quantities to sell. Michelle likes to experiment with many varieties of heirloom tomatoes and heirloom garlic. We sell kale, chard, cabbage, peppers, shallots, onions, green beans, summer and winter squash, sweet corn, pumpkins, and more. Everything is grown with organic principles. We are proud of leaves with bug bites — they have more antioxidants! Michelle also likes to can and freeze our food for the winter. Her job as a physician offers her the opportunity to discuss healthy living and healthy food in a "practice what you preach" model. Her patients enjoy learning about and discussing the farm.

*

My visit to EMMA Acres was amazingly inspirational, personal, and thought-provoking. I went home with a glimmer of hope for our farming and eating community, and for humanity as a whole. As Wendell Berry once said, "Eating is an agricultural act."

Mark Skowronski and Michelle Kahlenberg sell directly to the public from the farm. They also sell at Biercamp and Argus Farm Stop. Find them on Facebook, email emma.acres.farm@gmail.com, or call (216) 978-0206. You can also read more about my experience living with lupus at my blog: angelasguide.blogspot.com

For Further Reading:

www.the-rheumatologist.org/article/rheumatologist-michelle-kahlenberg-md-phd-pursues-rural-dream/
www.med.umich.edu/lupus/
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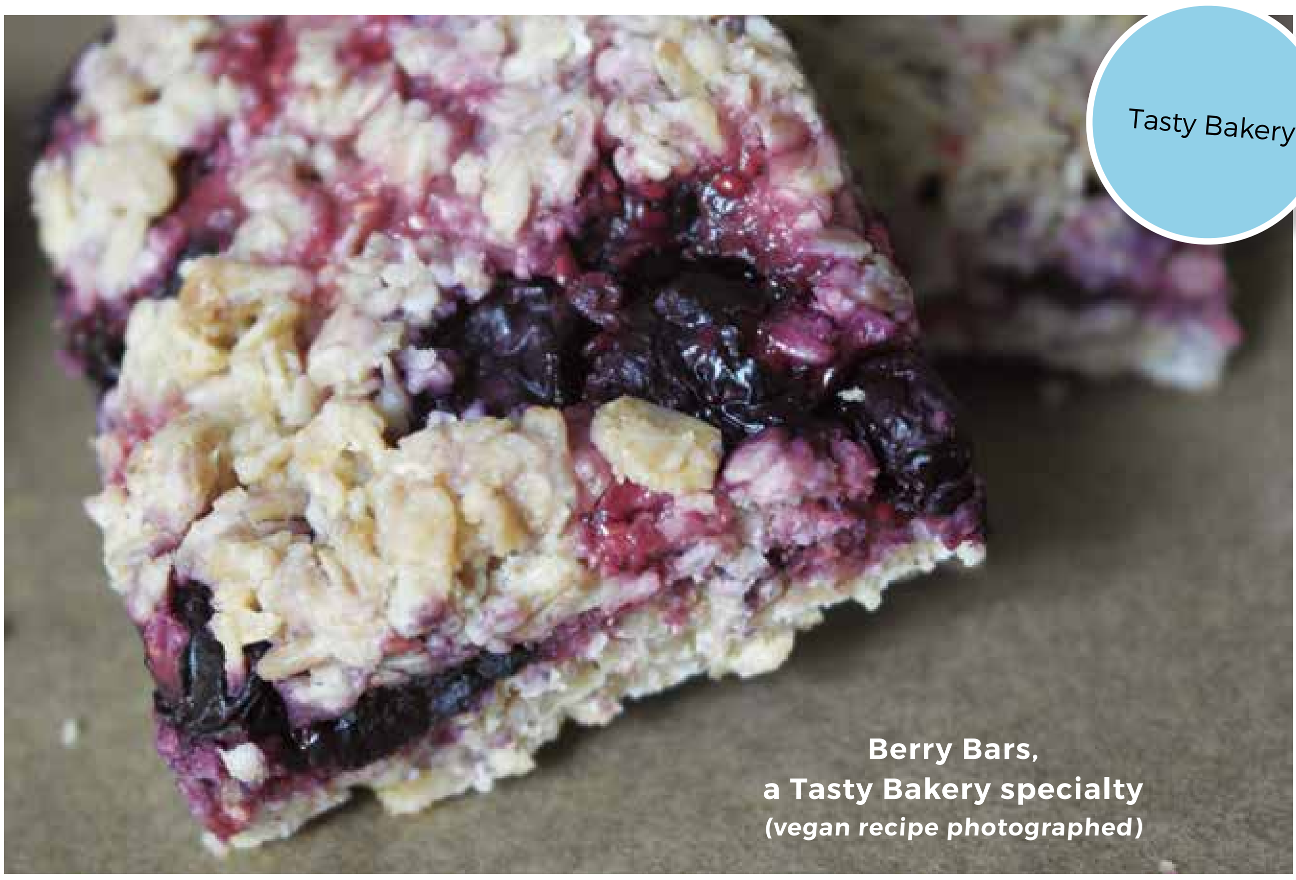
Tasty Bakery



Tasty Bakery

Berry Bars, a Tasty Bakery specialty *(vegan recipe photographed)*

One morning, while running a tad late for work, I decided to cut through the Ann Arbor Farmers' Market in hopes of snagging a quick breakfast. Tasty Bakery to the rescue!

A chocolate-dipped donut might not sound like the healthiest choice to jump-start the day, but this donut was "wheat free, gluten free, soy free, organic" and "naturally sweetened." It was also deeply satisfying for both my sweet tooth and my tummy. A lot of donuts are still full of the oil they were cooked in, leaving grease stains behind on napkins and not always settling well in my stomach. After indulging in this Tasty Bakery delectable, I felt great!

I'm not gluten intolerant, so I don't have to "settle" for gluten-free "facsimiles of real food," as I have sometimes heard gluten-free breads and baked goods referred to. Let's get one thing straight right now: you are not "settling" at Tasty Bakery. Their products are just as flavorful as gluten-filled baked goods, and, as I said before, sometimes even more satisfying. I could have eaten three donuts and still felt fine! (Probably. I haven't tried this. Yet.)

Naturally, when faced with a table full of sweets on an empty stomach, I couldn't leave with just one thing, so I also grabbed a gluten-free chocolate chip cookie. I could have gone with a cookie that was also vegan, but I decided to go the non-vegan route because I was curious to see how just the gluten-free cookie stacked up against its traditional counterpart. Conclusion: they stand toe-to-toe. I loved it! I'd like to try the vegan next.

On another occasion, while getting a coffee from Sweetwaters in downtown Ann Arbor, I also grabbed a Tasty Bakery Berry Bar, made with "organic gluten-free oats, organic blueberries, organic coconut oil, organic coconut nectar, arrowroot flour, organic Madagascar vanilla, sea salt." The packaging was also compostable, so you can see not only is Tasty Bakery dedicated to making gluten-free delicious and accessible, but they are also committed to better health for us and our environment.

I've made gluten-free baked goods before (check my blog foodandword.blogspot.com for that time I famously attempted gluten-free paczki), so I know it can be a tricky business to get the balance right. There are a lot of traditional wheat flour substitutes out there. Arrowroot flour is popular, as is featured in Tasty Bakery's Berry Bar. They clearly have gluten-free baking down to an art, and Ann Arbor knows it. You can find their products in coffee shops all over town (check their website for a full list). Don't be afraid to try them! Your mouth (and tummy) will love you for it.

Tasty Bakery's storefront is located at 416 West Huron Street, Suite 24, Ann Arbor, Michigan 48103. It is open from 10 a.m. to 6 p.m. Monday through Friday. Find them on Saturdays at the Ann Arbor Farmers' Market in Kerrytown from 8 a.m. to 2 p.m. and online at www.tastysansgluten.com.

I was curious to see how the gluten-free chocolate chip cookie would stack up against its traditional counterpart. Conclusion: they stand toe-to-toe. I loved it! I'd like to try the vegan gluten-free cookie next.

Chocolate Chip Cookie
$2.25each
$11 bag of 6
V

Big City Small World Bakery

If there is a quintessentially Michigan food, it is the pasty. Usually, this is a delight attributed to the U.P. or at least the northern region of the Mitten. But on the corner of Spring and Miller streets in Ann Arbor at Big City Small World Bakery, pasties are on the menu and they are served up flaky and hot.

I had dropped by for a quick lunch before work, but I was thinking I'd get a simple sandwich and soy latte, not a pasty and a latte made with coconut milk. I've never seen coconut milk as a milk substitute on a menu before, so I had to give it a try. Since switching to dairy-free coffee drinks — a hard transition for me — I have often been disappointed. Soy is okay and almond is great with chai. But now? In the Milk Substitute Competition, I give the blue ribbon to Coconut. Thank you, Big City Small World, for giving me the most delicious faux latte I have had yet!

As for the pasty, I ordered chicken, but they also offer veggie, which I intend to try on another trip, and the gravy is homemade and quite flavorful. The sandwich choices also include veggie, as well as turkey and egg salad, all on homemade bread (which they also sell in loaves). In fact, all of their baked goods are homemade.

I've been a fan of Big City Small World's infamous vegan ding dongs for quite some time. (It's an absolute mystery to me how they've managed to make vegan pastries so creamy and moist. It's wonderful.) I find Big City Small World to be a great place to find vegan goodies like this.

For those who aren't fans of chocolate layer cake with vanilla frosting dipped in chocolate, I recommend the eclairs. The custard is rich and delicious! (Though this one is probably not vegan, but it wouldn't surprise me if they had a vegan option.) For coconut lovers, try the golf ball-sized macaroons. They offer a range of gluten-free items as well.

At Big City Small World Bakery, pasties are on the menu and they are served up flaky and hot.

Big City Small World Bakery

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Hand-dipped chocolate macaroons, gluten free

Cinnamon Rolls, a BCSW specialty

The “world” isn’t the only thing that is “small” here. The bakery is quaint with a few options for indoor seating. If the weather is pleasant, there is ample outdoor seating, where you can admire the eclectic art that covers the side of the brightly painted yellow building, or cast nervous glances at the unexpected wire mermaid sitting on the bench. After the bakery is closed, I like to think of her as a gargoyle-like guardian for nighttime pedestrians. During the day, she’s just another friendly face inviting me in for a ding dong and a coconut milk latte.

Big City Small World Bakery is located at 500 Miller Ave., Ann Arbor, Michigan 48103. They are open Tuesday through Friday 7 a.m. to 7 p.m., Saturday 8 a.m. to 6 p.m., and Sunday 10 a.m. to 4 p.m. You can also find them on Facebook.

Encuentro Latino Restaurant

If you are familiar with downtown Ypsilanti, you may recall the Wolverine Grill. Well, the Wolverine is no longer there (moment of silence), but its location has been passed into obviously capable hands, and the new restaurant, Encuentro Latino, is serving up some seriously satisfying authentic Guatemalan cuisine.

The interior of Encuentro is still largely set up the way Wolverine was, with a line of booths down one side of the long and narrow space and a counter with stools lining the opposite wall, offering a cozy diner feel. (They also have diner prices!)

Encuentro Latino is serving up some seriously satisfying authentic Guatemalan cuisine.

I started off my dining experience with an iced horchata. Whenever I order horchata from a new restaurant, I try not to get my hopes too high. There are countless recipes for horchata across the Spanish-speaking world. (For example, Mexican and Guatemalan horchata is typically rice-based, while in Spain tiger nuts are used, and Puerto Rico favors ground sesame seeds.) Some that I have tried are disappointingly watery and lack flavor. However, Encuentro’s horchata did not disappoint, with just the right amount of sweetness and spice.

I also tried the crispy chicken tacos from the appetizers list — “served with cabbage salad, tomato sauce and cheese.” Why has no one ever told me how perfectly shredded cabbage pairs with mayonnaise? It’s like they were made for each other! And the tomato sauce is to die for. A large part of why I ended up choosing the tortillas de harina for my entree is because it also features mayonnaise and tomato sauce. (Also yummy beef and scallions.)

Guatemalan tortillas are a little puffier than the ones you’re probably used to at Mexican restaurants. They are reminiscent of pita bread, warm and wonderful.

Speaking of tortillas, Guatemalan tortillas are a little different than the ones you’re probably used to from Mexican restaurants. They are puffier, measuring about a quarter or a half-inch thick, reminiscent of pita bread, warm and wonderful. You can really sink your teeth in, especially if you opt for one of the pupusas (stuffed tortillas) on the menu. There are pupusas de chicharron with pork, as well as vegetarian pupusas de frijol.

Tragically, I did not try the desserts, though both the creme brulee (my favorite dessert) and tres leches were definitely calling my name. Since Encuentro is within walking distance of my home, I know I will return. My mouth is also watering for their breakfast menu and its promise of fried plantains! *Hasta pronto,* Encuentro.

Encuentro Latino Restaurant is located at 228 West Michigan Ave., Ypsilanti, Michigan 48197. Find them online at www.facebook.com/Encuentro-Latino-restaurant-106983366342816/. They are open Monday through Friday from 11 a.m. until 8 p.m. and Saturday and Sunday from 8 a.m. until 8 p.m.

Crispy Chicken Tacos

Encuentro Latino Restaurant

Sustainable Health

Sending Love To Our Skin:

A Holistic Perspective

By Mary Light

Skin is what we show to the world and is so much more to our body ecology than a fashion and health statement. From the standpoint of traditional naturopathy, which, in my model of study, is based on Eight Pillars of care for wellness and healing, skin is one of the four important Pathways of Elimination. We absolutely need to eliminate wastes on a daily basis. Skin also provides us with an obvious protective function, as well as helping insulate us and regulate body temperature. We need to take care of our skin because it's taking care of us! What follows is my sharing of some wonderful and natural ways we can each take better care of our skin.

> Many people acquire skin conditions from improper rinsing and too heavy soap use. Many soap formulas are very concentrated. Rinsing and using a wash cloth are essential to not only good hygiene, but to good skin health.

Rinsing
Does something so elementary need explanation? I think it does. As a natural physician, I have acquired skills over the years to evaluate skin maladies. Many people acquire skin conditions from improper rinsing and too heavy soap use. Many soap formulas are very concentrated. Rinsing and using a wash cloth are essential to not only good hygiene, but to good skin health. Be sure to rinse well and avoid leaving residues on skin.

Dry Skin Brushing
Yes, this is a "thing." It is a natural care process by which a soft, natural bristle body brush is used on dry skin — before showering or bathing is ideal, or just upon awakening — to lightly brush in the direction of lymphatic flow. Brush up the legs from the feet, from the hands to the heart, and through the torso. Brush toward the clavicle, an area where lymphatic fluid ultimately circulates. No need to scrub, the brush does the work. You achieve exfoliation, disposal of countless dead skin cells, and an opening of your pores, supporting skin function. There are some good instructions online, and a selection of brushes can be purchased online or in stores. Skin brushing takes five minutes, helps awaken circulation of lymph, alkalinizes, and uplifts.

Oxygenation
This term covers a lot of bases. Our periphery and cerebral area need oxygen rich blood flow and breath. Daily exercise is essential to support this. Wearing natural fiber clothing as much as possible allows our skin to breathe! Too much spandex and synthetic material, particularly close to the body, hampers skin function and may contribute to bacterial infections. Smoking constricts circulation in the cerebral, mouth, and dental areas. This is one reason why smokers develop a yellow-gray complexion and broken veins and why dentists will not do certain treatments, such as implants, with a smoker.

Certain herbs and herbal formulas help bring about oxygenation through increased blood flow and respiration. Cayenne and ginkgo leaf, for example. Foods rich in minerals and blood builders such as bioflavonoids and the anthocyanins found in berries and other plant foods support general vascular and circulatory strength and integrity.

> Calendula is antimicrobial, soothing, anti-inflammatory, and healing to a myriad of skin issues. Calendula cream soothes and heals babies' bottoms, is coveted by women of all ages as a face and body cream, and is healing to wounds and scrapes. I have seen it rid spots and facial marks that stump dermatologists.

Not everyone has access to a good sauna, but most everyone can do this by taking an alternate hot and cold shower. Once your body is well warmed with the hot shower, slowly turn the water to colder. Then immerse front and back to the cooler rinse for a few minutes. There is no need to shock your body. This is one cycle. Two cycles are even better. This greatly tones the nervous system, strengthens the circulatory system, and brings freshets of healthy blood to the surface, then back to the interior, and, upon another warming cycle, back to the surface. This is an essential practice in some protocols of disease healing as it also strengthens the immune system. Our skin is not separate from these body systems and is enhanced by our care of all body systems.

Topical Care
One of the best all-around creams is, in my experience, calendula cream. Calendula is a flower that produces a healing resin. We gather the flower tops and infuse them in oil so that a golden yellow therapeutic oil is produced, which in turn can be made into a cream, salve, or lotion. We teach students how to do this in our seasonal medicinal herbalist training every year. Calendula is antimicrobial, soothing, anti-inflammatory, and healing to a myriad of skin issues. Calendula cream soothes and heals babies' bottoms, is coveted by women of all ages as a face and body cream, and is healing to wounds and scrapes. I have seen it rid spots and facial marks that stump dermatologists.

> Ginkgo ingested responsibly (ideally with the guidance of a Consultant Herbalist) has major benefits in strengthening cerebral circulation and therefore that of the facial area. Gotu kola is another effective herb that we use in scar reduction salves, particularly for cystic acne scars.

Every household would benefit from stocking an herbal salve. The most common types I have seen in natural food stores for over three decades are formulated from a base of comfrey and plantain oil, often with yarrow and possibly chickweed and violet leaf added. Properly made by herbalists, these are rich in the constituents of the plant kingdom — emollient, cell proliferating, antimicrobial, and tissue strengthening. Such a salve can soothe stings, accelerate wound and bruise healing, and even support the healing of gums. (The difference between a "salve" and a "cream" is the addition of a liquid, usually water, resulting in an opaque whipped cream.)

Ginkgo based topical products are emerging as useful for skin care. Although there are some constituents, such as quercetin, which may strengthen topically, and reduce inflammation and certain manifestations of facial redness, not every product touting ginkgo may be effective. Ginkgo ingested responsibly (ideally with the guidance of a Consultant Herbalist) has major benefits in strengthening cerebral circulation and therefore that of the facial area. Gotu kola is another effective herb that we use in scar reduction salves, particularly for cystic acne scars. This protocol is incorporated within a larger herbal protocol to balance male or female hormones and with natural therapeutic guidance to provide natural masks, cleansers, and diet changes. As always, a serious intention to heal a health condition calls for the professional guidance of a consultant herbalist.

Naturopaths, herbalists, and natural skin care specialists agree that we need to take good care of ourselves in general and foster good health habits to ultimately have strong, resilient, protective skin. One of our graduates, Marianna Durst, of La Buena Botanica, offers:

> I say great skin comes from within. Adopting a clean and nutrient plant-rich diet, finding out hidden food sensitivities and avoiding those foods, and utilizing homemade cleansers are key. For the face, I love a homemade oat, honey, and banana scrub. Sometimes I leave it on as a mask and it leaves my skin glowing. Then, I follow up with a toner made of organic rose hydrosol, and moisturize with a homemade blend of jojoba, argan, grapeseed oils with a few drops of lavender and frankincense essential oils.

May these shared ideas open a door for a deeper connection to the living world of our skin!

Mary Light, N.D., M.H., L.M.T., is a traditional naturopath and consultant herbalist in general private practice in Ann Arbor, offering health services for all integrated body systems. She is also director of the Naturopathic School of the Healing Arts and Gaia Center for Herbal Studies, which offer several levels of training in the naturopath/herbal medicine field.

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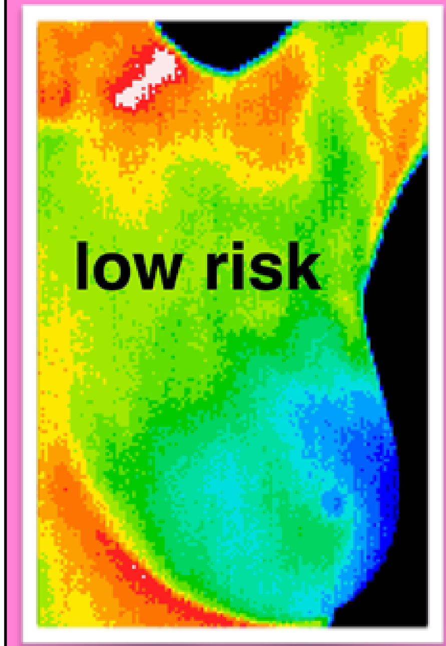

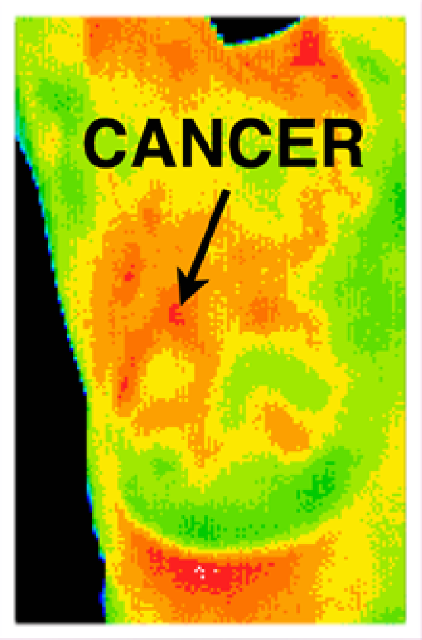

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Healing Connection ~ The Human-Animal Bond

By Heather Artushin

Animals have a unique way of connecting with us in our most vulnerable moments, providing a calming presence, a safe relationship, a mirror through which to better understand ourselves, and an opportunity for healing our deepest hurts. The human-animal bond provides a special avenue through which to make a difference in the lives of the people in our community, and provides a rich relationship to enhance our own lives as well, while mutually enhancing the lives of our furry and feathered friends.

Humans can relate to animals in a number of healing ways — animals often serve as our most cherished companions, service animals, emotional assistance animals, and therapy animals. These are some of the important roles animals can play in human lives, and ways that animals of many species can partner with humans to make a difference.

Although more research needs to be done on therapeutic partnership with animals, evidence certainly exists for the many benefits to humans in connecting with animals. Professor Kris Siefert, who teaches a course on the human-animal bond at the University of Michigan's School of Social Work, explains, "[The research is] pretty consistent in showing positive effects, but we need harder research. There are a lot of studies showing that companion animals are associated with positive cardiovascular effects."

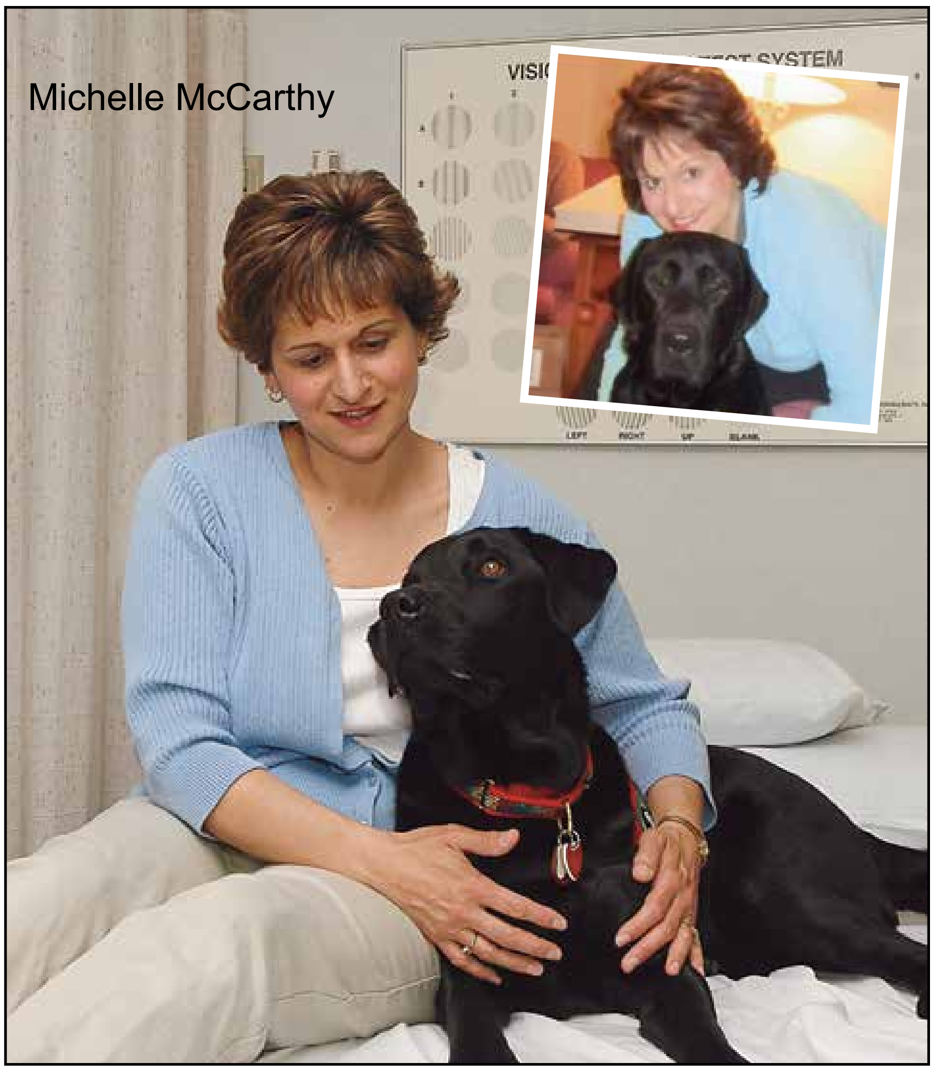
Animals are not merely used in therapy, but are, rather, partnered with — indicating that the animal should participate with pleasure and should benefit from the work.

Siefert continues, "Positive relationships have been found between owning a pet and recovery from a heart attack. Having a dog may help prevent weight issues in owners. [Animals] seem to promote adaptive coping with various chronic diseases, including cancer, cardiovascular disease, and mental disorders like depression and anxiety."

Although the exact mechanisms that lead to these outcomes are unknown, a recent review of 69 studies on the benefits of the human-animal bond suggests that the hormone oxytocin may be the key factor at play. Siefert expounds, "Oxytocin is produced in the hypothalamus and is released during pleasant activities like touch, stroking, and breastfeeding. It reduces stress; it also reduces pain and enhances the immune system."

Laura Sanders

Laura Sanders's little dog Buddy is "such a little vulnerable guy that he'll bring up vulnerable issues in a child so [they are] more able to talk about trauma."



Michelle McCarthy

Not every animal can be a therapy animal… "The whole process is really geared at [answering], 'Does the dog want the job?'"

— Michelle McCarthy

Others subscribe to a simpler theory, that humans naturally have a need for a connection to nature, called biophilia. "[The biophilia theory says that] people just have a built-in love of nature and that animals meet that need," Siefert states. "It's probably both."

Reports of humans experiencing therapeutic effects from being around animals go back as early as the late 18th century. Michelle McCarthy, Certified Therapy Animal Consultant, agrees that therapeutic interaction with animals yields many benefits. "[Animals are] a motivator, they bridge communication, they reduce stress," shares McCarthy, who trains companion animals as well as volunteer and professional therapy dogs. "For some children, they'll really pull them out of their shell and get them to want to participate more. For patients in the hospital, just seeing [the animals], people's faces light up! They're so happy to see the dogs."

But not every animal can be a therapy animal. In her role as a trainer, McCarthy assesses for "the dog's temperament, if they like being in a new place, their comfort level… The whole process is really geared at [answering], 'Does the dog want the job?'" McCarthy looks for a variety of signals to let her know that the dog enjoys the work: "Do they like working with people? Do they like being petted? Do they have a problem being in elevators? Going up stairwells? Just being in hectic environments?"

Laura Sanders, ACSW, a clinical social worker who utilizes specialized, creative therapeutic interventions in the community, echoes the idea that animals are not merely used in therapy, but are, rather, partnered with — indicating that the animal should participate with pleasure and should benefit from the work. "So one thing that's really important is that the interaction has to be good for both the animal and the child and family," Sanders emphasizes. "So engaging the right animals, raising animals to be used to humans and friendly with humans without compromising their natural protections, is really important."

"My own interest in working with animals in therapy [is] really as therapeutic partners who reflect a lot of the relational troubles that these families are experiencing. [They] help build the skills necessary for families to get along."

— Laura Sanders

Animal-Assisted Therapy (AAT) is the term often referred to when animals are utilized in psychotherapeutic practice. Such animals can be viewed as co-therapists, working relationally with the client alongside the therapist. "I see AAT really as an extension of good relational therapeutic work with people of all ages who have struggles or hurts or worries to heal from," Sanders says. "I particularly work a lot with children who have been traumatized… or who have missed really significant relational skills that happen in the attachment phases of life… My own interest in working with animals in therapy [is] really as therapeutic partners who reflect a lot of the relational troubles that these families are experiencing. [They] help build the skills necessary for families to get along, for children to better receive their parents, [and] for parents to better manage and guide their children… Working with animals provides a really unique and fun way of reflecting on those issues and building skills around those issues.”

> “There’s a lot of different ways animals can be helpful,” Laura Sanders relates. “Sometimes it’s [by our] observation, sitting and watching a group of chickens interact, [looking at] how they create relationships, and what’s their hierarchy? How do they protect one another?”

AAT can take many forms, depending on what makes sense for the client in the context of their relationship with the therapy animal. Sanders explains, “I’ve been taking my dog Buddy to my office, so he has interacted with people in a variety of ways. Sometimes he will help to soothe a child, for example, who is really upset. He’s such a little vulnerable guy that he’ll bring up vulnerable issues in a child so [they are] more able to talk about trauma, for example. Or he provides a distraction so a child who is super anxious can play with him while he or she is talking to me and Buddy kind of absorbs the anxiety.”

Many species can facilitate AAT, including horses, goats, rabbits, pigs, and even chickens! “There’s a lot of different ways animals can be helpful,” Sanders relates. “Sometimes it’s [by our] observation, sitting and watching a group of chickens interact, [looking at] how they create relationships, and what’s their hierarchy? How do they protect one another? It’s interesting to sit and watch a pair of horses, how they will help to groom each other, and how they share, and how they keep each other in line.”

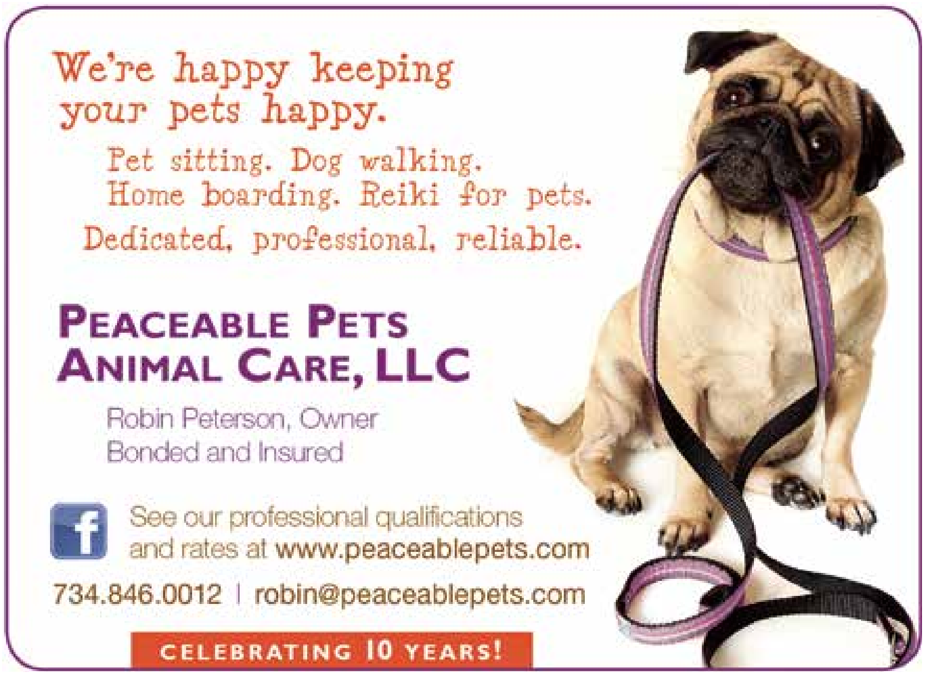
> “Years ago, [animal therapy] was strictly going to nursing homes. Now you’re seeing therapy dogs in the court room, and people are bringing therapy dogs into airports — for people who are nervous about flying.”
>
> — Michelle McCarthy

Sanders adds, “It may also be through interaction. So in caring for animals, there’s grooming, feeding, interacting, and noticing how an animal responds to you. There’s also the spontaneous way in which an animal might contribute to a therapeutic moment. Like a child or parent might present a certain kind of emotion in a session, and an animal might have a reaction to that. How can you use that animal’s reaction to further expand on the parent’s or the child’s understanding?”

Animals possess a special ability to connect with hurting people in a way that soothes, encourages, teaches, and heals. As we become increasingly aware of their valuable effect on humans, therapy animals are being placed in many new areas. “Years ago, [animal therapy] was strictly going to nursing homes. Now you’re seeing therapy dogs in the court room, and people are bringing therapy dogs into airports — for people who are nervous about flying… it’s pretty amazing!,” McCarthy reflects.

Equine therapy is another avenue through which the human-animal bond heals. Riders of all ages who have a number of diagnoses, including autism, cerebral palsy, Down Syndrome, traumatic brain injury, and post-traumatic stress disorder, experience the many benefits of interacting with horses. For some, social and communication skills build as the rider learns to connect and communicate with the horse and the volunteers who support their experience. Others are impacted by the physical benefits of riding, strengthening muscles and improving balance. Equine therapy can make a lasting impact on the lives of riders, increasing self-esteem and nurturing the spirit through a special bond with a horse and its handlers.

Professor Kris Siefert



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Jared Wadley

Therapy animals not only touch the lives of the people they work with, but they deeply impact the lives of their owners and teammates. Therapaws of Michigan is an all-volunteer organization that provides animal visitors to therapeutic and educational settings. “Participating in [the Therapaws] program makes me feel good about the joy my dogs bring during our visits to Mott Children's Hospital, the VA Hospital, and various one-time events throughout the community,” says Jared Wadley, who volunteers with his dogs, Bella and Legend. “The smiles and laughter the dogs bring to someone [who’s] not feeling well gives me a sense of pride because I know, in some small way, that I'm helping them heal or, for a brief moment, forget about their situation. When we have children read to our dogs in the READ program, I know the kids build a greater love of books and reading, which then improves their grades.”

> “When we have children read to our dogs in the READ program, I know the kids build a greater love of books and reading, which then improves their grades.”
>
> — Jared Wadley

McCarthy similarly benefits from volunteering with her therapy dogs. “You do develop a very close bond with [your therapy dogs],” she says. “For me, it’s really a blessing to share my dogs with other people, and see how much they appreciate them and benefit from just spending time with them. It’s very rewarding.”

Professor Siefert appreciates the impact her companion animals have had on her personal life: “I’ve always had animals in my life, and I just can’t imagine living without animals.” Sanders echoes the important place animals have had in her life, and reflects on her professional partnership with animals, saying, “It seems like a natural integration of the things I’m interested in, which [are] connections, building relationships, and building connections between humans. And that extends to the earth and the creatures of the earth and an appreciation for, really, nature, the universe, and each other.”

To learn more about AAT, contact Laura Sanders, ACSW, at 734-662-3509 or createcoun333@gmail.com.
To connect with Professor Kris Siefert about her course on the human-animal bond, email her at ksiefert@umich.edu.
For more information on training opportunities for your dog, contact Michelle McCarthy at www.k9homeschooling.com or call 734-395-2608.
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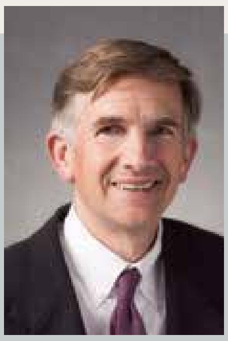

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Reinaldo Couto ~
A Journey from Violinist to Alexander Technique Teacher

By Sandor Slomovits
Photography by Tobi Hollander

For much of his life, Reinaldo Couto was a professional classical violinist, as a chamber musician and as a member of a number of major orchestras in his native Brazil, Europe, and the U.S. In 1990, in his late forties, he made a big career change. He started studying to become a certified Alexander Technique (AT) teacher.

He gradually developed an approach to posture and movement that allowed him, and subsequent teachers and students of the Alexander Technique, to learn to use their bodies, in any activity, in more relaxed, free, and efficient ways.

The Alexander Technique was founded in the late 19th century by Frederick Matthias Alexander, an Australian Shakespearian actor, who developed it to help overcome his own recurring hoarseness and laryngitis in performances. Alexander observed and studied his own body to find what movements and postural habits caused the tension in his neck and back that he theorized was the cause of his breathing problems and vocal fatigue. He gradually developed an approach to posture and movement that allowed him, and subsequent teachers and students of the Alexander Technique, to learn to use their bodies, in any activity, in more relaxed, free, and efficient ways. The Alexander Technique has become a part of the training of many actors, musicians, and dancers, but is also used by people in all walks of life to help relieve back pain and other physical distress.

Reinaldo Couto, who was born and raised in Sao Paulo, Brazil, moved permanently to the U.S. in 1979, at the age of 38. In 1990, after experiencing many physical problems playing the violin, he became aware of the Alexander Technique through a book by Dr. Wilfred Barlow, an English physician. "It made complete sense to me right away," he said.

> I understood that I might have created my problems by incorrect use of my body in all those years while I studied and played the violin. I decided that I wanted to change and, because I was having so many difficulties, decided to make a big change and I enrolled in the Alexander Technique teacher training program.

He moved to Champaign Urbana in Illinois, completed the three-year, 1,600-hour training to become a certified Alexander Technique teacher, and stopped playing the violin professionally. He moved to Ann Arbor in 1994 and has had a full-time practice as an Alexander Technique teacher here since then.

Reinaldo is a slight man with penetrating, dark eyes and a shock of white hair. He greets visitors with a warm, welcoming air, moves deliberately, and carries himself with an attitude of patience and calmness. He smiles easily and has a lively sense of humor. An example: he's taped a sign on the door that he wants his clients to use, "Enter Via This Portal." He loves the wildlife near his house and keeps a large supply of peanuts on hand to feed the squirrels and crows and other birds that visit his yard. The squirrels, and even some of the blue jays, are so comfortable around him that they often eat the peanuts right from his hand.

I met Reinaldo briefly some years ago when a mutual friend, a musician, introduced us and told me a little of Reinaldo's backstory. When we reconnected recently, I asked Reinaldo to tell me more about his life as a musician, and how and why he had made the change to becoming an Alexander teacher. Although I too am a musician, we didn't focus on the commonality of our experiences in music. Instead, we found ourselves talking mostly about how he arrived at the juncture between his music and the Alexander Technique, and his reflections about the modality itself. Reinaldo offered to introduce me to the Alexander Technique and I have continued to study with him. I have noticed some subtle changes in my posture and a significantly heightened awareness of how I stand, sit, move, and even breathe. As he says later in the interview, "It takes time. It's a learning process."

"I understood that I might have created my problems by incorrect use of my body in all those years while I studied and played the violin." — Reinaldo Couto

Sandor Slomovits: Are there other musicians in your family?

Reinaldo Couto: My father and two of my uncles were M.D.s, one was a dentist, another uncle was a state Supreme Court justice, and my two aunts were schoolteachers. My sister is a lawyer who just retired from the federal justice department, my middle brother is a retired federal judge, and my baby brother was the C.E.O. for a Germany-based pharmaceutical company. I'm the only black sheep. (Laughter)

Sandor Slomovits: But it turns out you are also a healer. Your heritage finally caught up with you. (More laughter)

Reinaldo Couto: Well, I see myself as a teacher of a technique that helps people break away from musculoskeletal habits that may be decades old, and that are limiting their range of movements and, in many cases, promoting conditions that can be very painful. By teaching the Alexander Technique I also help people avoid acquiring such habits in the first place.

The Alexander Technique is a way of changing inefficient habits of movements in our everyday activities, which interferes with our innate ability to move easily and according to how we are designed.

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Reinaldo Couto ~

Continued from page 51

Sandor Slomovits: How do you describe Alexander Technique to people who have never heard of it?

Reinaldo Couto: The Alexander Technique is a way of changing inefficient habits of movements in our everyday activities, which interferes with our innate ability to move easily and according to how we are designed. Because it is not a series of treatments or exercises, but rather a re-education of the way the mind and the body interact, it changes the way one thinks and responds in activity. By learning how to avoid conflicting and unnecessary tension on our skeletal muscles, we achieve a sense of well-being, good balance, and better range and freedom of movement.

Sandor: Was it a shoulder injury that made you stop playing the violin and take up Alexander work?

Reinaldo: I was hurting all over the place. I didn't have a particular place that I could say, 'I have this injury, I'll get physical therapy.' I tried several things because playing became very difficult. I also used to drive a lot because I did mostly freelance playing. I was in Charleston, South Carolina, and I was freelancing in Baltimore, in Ohio, in Florida, in Georgia.

The Alexander Technique is used by a lot of people who move for a living, dancers, actors, musicians…

Sandor: A lot of driving…

Reinaldo: A lot of driving, a lot of playing. I was in the Mantovani Orchestra and I traveled a lot with them. At the time it was wonderful, all these adventures, going to Asia, almost everywhere in the United States and some other countries.

Sandor: Did you continue playing music professionally after you started doing the Alexander work?

Reinaldo: I didn't. The last professional job I played was the Opera Festival in Sarasota, Florida, in 1993. Then I started to dedicate myself to the Alexander Technique. I didn't stop playing violin on my own. The research I did with the violin and the Alexander Technique was something I really enjoyed because I didn't need to make my money (from music) for a living. I was free to do what I wanted with the violin. I started trying to figure out why it is easy for some people and why it is so difficult for others. I was hitting dead ends for a long time because I was alone, I didn't have anybody to talk to about it. I was using my experience as a violinist and my experience as an Alexander teacher to try and figure out why it was that, for some people, it (playing the violin) became so physically distressing.

David Oistrakh was a very short man who stood when he played, and Itzhak Perlman, a man with a very large and strong torso and arms, plays seated, and both of them produce top of the top results. So what is it that unites them on that plane of absolute excellence?

You know Oistrakh (the great violinist) and many other violinists play with ease, they produce a lot with very little effort, so looking at them gave me some clues. Or Itzhak Perlman: because of his polio he can only play sitting down, and in spite of that he is one of the best violin players ever. So, just here you can see two very different approaches. David Oistrakh was a very short man who stood when he played, and Itzhak Perlman, a man with a very large and strong torso and arms, plays seated, and both of them produce top of the top results. So what is it that unites them on that plane of absolute excellence? I used to look for what they were doing, but it became very confusing because each of their approaches to the violin is very different. Things started to clear up when I was able to see what they were *not* doing that would get in the way of their amazing coordination. In simple words, they play without putting wrenches in the works. (Laughter)

It's something I had to learn by experience, because it's very easy to think, "OK, it works for me, it will work for somebody else." But it doesn't work that way. There's no one recipe for all cakes. I was too much in transition to show anybody else what I was doing with the violin because I would try something and the next day it (the experimentation) might take me in a different direction. I had that delusion for some time that I knew what I was doing. (Laughter) That delusion started to come crumbling apart little by little by the experience of facing my reality.

I used to be a hunchback and I became a non-hunchback.

Sandor: This was while you were still doing the Alexander training?

Reinaldo: No, this was already during my professional Alexander life. When I was studying the Alexander Technique things became so chaotic about my body because things were changing. I used to be a hunchback and I became a non-hunchback. I had a much better back, but this caused me a lot of inconvenience in a way because…

Sandor: You'd gotten used to the way you were…

Reinaldo: Yeah! I had to get used to my body working in a different way. If you're doing something as specialized as playing the violin… I had to really uproot my old habits, I had to go dig below ground, (laughter) find the root of my problems. I did find many.

Sandor: You still play, I see you have a music stand with music on it…

Reinaldo: Yes. When I started to experiment I stopped playing the repertoire, because every time I wanted to check on something, I'd have to find a piece of music that served me. So I thought, "OK, I'll improvise something." I created the situation I needed so I could experiment with the particular idea that I was trying to develop. Like if I wanted to see why shifting was not working…remember I had enough knowledge of the instrument that I could invent shifts, or bow changing, or crossing strings, arpeggios, scales, or a sustained melody. I got to the point where I had a (method of tone) production that was much better than it was before. I had a more beautiful sound and was able to produce that sound with the playing being so much easier. I didn't hurt any more. But right now I don't have a repertoire, and I couldn't care less, because I don't think at my age I'm going to restart my violin career. But I am plenty young enough and I'm strong, that I might eventually be able to enjoy playing chamber music with friends.

Sandor: So you don't specialize in working with violinists, but work with all sorts of people.

Reinaldo: Actually, I rarely work with musicians. I work with doctors, lawyers, gardeners… I am not here to specialize in working with musicians or violinists. The work I did with my violin was my own thing. I was free to not be effective in my playing, to not be reliable in my playing for a while. I was in transition from something that I liked to do but was causing me a lot of harm, into doing it without suffering, and getting a better result.

I used to be a violinist. Now I am an AT teacher. If I can work with AT with someone who plays tennis or golf, I can work with someone who plays the cello, or the violin or the clarinet, because my way of approaching an instrument now is better. I've learned how to see what *not* to do that gets in the way of playing. It's not necessarily the violin, or cello or clarinet, it could be just sitting in a car, driving, or dancing. The Alexander Technique is used by a lot of people who move for a living, dancers, actors, musicians…

Sandor: But you don't teach people to dance, to act, to play music.

Reinaldo: No. I don't teach people to dance or to play golf or tennis. (Laughter) I don't know how to do those things. But I can teach people to do what they're doing without harming themselves, and get better results.

Sandor: What brought you to Ann Arbor?

Reinaldo: My ex-wife used to live here before we met on the Mantovani tour. I will forever be grateful to her for introducing me to this wonderful place. Ann Arbor is an amazing city, culturally, scientifically, artistically, but a lot of people have no idea that there is something that could help them achieve a better quality of life; that it is really not necessary to endure pain.

…if we take care of ourselves before it is too late, we may be able to avoid intrusive surgery or getting addicted to painkillers.

I go out sometimes and sit somewhere to have lunch, to have dinner, and I see these young people, college students, so oblivious of their bodies, already hunching over and hurting their spines. That is a very good way to start building trouble for the future. Bulging or chipped discs pressing on nerves can be very debilitating. It would be good for people to know that there is something here that works, and if we take care of ourselves before it is too late, we may be able to avoid intrusive surgery or getting addicted to painkillers.

The Alexander Technique deals with habits of movement that we've acquired. We in the Alexander Technique learn how to observe people and see what they are doing that's not good for them, and we have a technique to guide them out of it. But it takes time. It's almost like learning how to play a musical instrument. It's not learning, it's re-learning. When we were kids, we were very efficient about moving. I was, and then I became a hunchback, and then I became efficient about moving again.

There is a very important factor to consider when we talk about the mobility of the body in all species that have a head, neck, and spine, including us humans; it is the ability to lengthen the spine before we move. That lengthening of the spine facilitates mobility and is achieved by a certain relationship between the head and the neck. It is what Alexander called the primary control. We can observe the primary control in action on our dogs, cats, flying birds, or David Oistrakh playing the violin or Fred Astaire dancing. And kids! Just watch them squatting, sitting on the floor, or moving around with their backs straight and long as can be. Unfortunately, many of us lose the ability to use the primary control to our advantage as we grow up, and instead we start developing habits of movement that promote the compression of the spine. The main staple of the Alexander Technique is to restore the healthy functioning of the primary control, which promotes freedom of movement, plus the healthy functioning of our main means of support that is our spine.

> That lengthening of the spine facilitates mobility and is achieved by a certain relationship between the head and the neck. It is what Alexander called the primary control.

Sandor: Talk a little, please, about what you do in a session.

Reinaldo: If you take a simple action, like sitting in a chair, the act of sitting in a chair is a very modern act. Cultures that are less bound by chairs, they squat to talk, drink tea…but if you think about sitting in a chair, what is involved? We stand in front of a chair and we do our best to get to the chair without breaking it or breaking ourselves. (Laughter) And there's a lot of effort involved.

The body is a very interesting mechanism, because we can use part of the body to compensate for the weight of another part. And that's what a squat does, a squat is the oldest movement that we had to get close to the ground. So, if you go to sit in a chair, forget about sitting, think of a squat, because the squat is still very close to us. We squatted when we were kids and we still squat in many places (around the world). You squat until the chair stops you, and then you sit. That is a wonderful opportunity to get the mind together with the body. When we teach the Alexander Technique, we use movements that people don't use all the time, like squatting, or using two chairs to lengthen the back out of the pelvis, lengthen the spine out, we do some work on the table to sense what's going on in the back, in the legs, and in the arms.

The guiding touch we use is very light. The less they feel us doing things to them, the better it is, the less present you (the teacher) are, the better you are. The Alexander Technique is not the place you come to for pulling, pushing… it's more like guiding. If you can guide a person to make their own discoveries, that is the best teaching.

When people start hurting, they start protecting what hurts, and the protecting can be worse than what is causing the pain. That is the point of the Alexander Technique. The way we see it, that particular problem (whatever is causing the pain,) may not be the problem, but a symptom of what is going wrong with the body as a whole. You go to what's producing that symptom and, as we take care of the cause, the symptoms fade away. Like bulging discs. I've had many, many people come here, and they can barely move. If I see that they are not beyond the point of when they really would need surgery, I tell them, "You take two or three months." After two three months they forgot how bad it was. They were going to have surgery; they didn't need it any more. Because you're treating the cause instead of the symptom. This is a learning process. It's not me doing something to you. We're doing something together.

> The Alexander Technique is not the place you come to for pulling, pushing… it's more like guiding. If you can guide a person to make their own discoveries, that is the best teaching.

Sandor: Who is your ideal Alexander student?

Reinaldo: The ones that come to me for prevention; the ones that see people around them struggling with inefficient and painful bodies and don't want that for themselves; the ones who are willing to invest in themselves so as to grow into their older days with beautiful poise, balance, and mobility.

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Beginning the Alexander Technique

Reinaldo generously offered to give me several Alexander sessions to help me better understand the Alexander Technique. (He always offers a free first session to his clients because he believes people should have the opportunity to try Alexander Technique without an initial financial obligation.) What follows, as well as what is in my interview with him, is not at all intended to be an exhaustive description or explanation of the Alexander Technique. Instead, I offer here a very brief recounting of the beginning of my experience with Reinaldo teaching the technique.

> Reinaldo's studio is a small room next to the living room of his house, on a quiet street on Ann Arbor's West Side.

Reinaldo's studio is a small room next to the living room of his house, on a quiet street on Ann Arbor's West Side. There's a massage table, two chairs, a bookcase, and some anatomical posters he occasionally uses to point out or explain things about our musculoskeletal system.

When I met Reinaldo, I had for some months been experiencing shoulder pain from a torn rotator cuff injury, resulting from my years of guitar playing. I mentioned this to Reinaldo, but in our sessions he did not focus on my presenting problem. (As he said earlier, Alexander Technique doesn't focus on the symptoms, but tries to uncover root causes.) So, we began by looking at my standing posture in a floor to ceiling mirror on one wall of his studio. Turns out that I carry my upper back well behind my center of gravity and my head and shoulders were not lined up above my hips, as is ideal. When he gently corrected my posture I could see in the mirror that I was standing straight, with my head and shoulders in line with my hips, but I felt as though I was stooping forward. It was the first important understanding about the Alexander Technique. As Reinaldo pointed out, "When the wrong feels right and the right feels wrong, it shows the power of our habits." We get so used to standing, sitting or moving in a certain way that a new way, even if better for us, feels odd.

> We began by doing something that is a common feature of most Alexander sessions — working on sitting in a chair.

We began by doing something that is a common feature of most Alexander sessions — working on sitting in a chair. Reinaldo explained about Alexander's idea of "inhibition." The word is used in a completely non-Freudian way. In the world of the Alexander Technique it refers to inhibiting the use of muscles unnecessary to performing a task. In other words, when sitting, not using muscles that are not needed for the action of sitting down, but allowing the weight of your head and upper body to dictate when and how your hips and knee joints will move to get you to the chair. Throughout the session, whether working with chairs, or on his massage table, Reinaldo's hands were gentle, never prodding or pushing, instead they were pressing, stretching, guiding.

Since I spend a lot of time sitting and writing with my laptop, I asked Reinaldo to look at how I was doing that and make suggestions for improvements. He had me move the laptop further away from my body, so my forearms could rest on my desk, thus reducing the tension I'd been carrying in my arms and shoulders as I typed. He also suggested I put a book or two between my upper back and my chair to help support my back.

> Reinaldo said, "I am not teaching you how to play the guitar, or how to play the bones. I am teaching you how to do these things without hurting yourself."

One day I brought my guitar and he helped adjust my sitting and standing positions so I was not creating tension in my back and shoulders as I played. Another day I asked him to look at how I played a percussion instrument called the bones. The bones consist of four pieces of wood, shaped like small curved ribs, two held between the fingers in each hand, and played with various up and down, side to side, and wind-milling motions of the hands, wrists, and arms. Reinaldo noticed that I was forcing my downward motions, creating tension in my shoulders and neck. He suggested I focus on letting gravity help me, and allowing my hands to fall, rather than forcing them downward. The effect was very noticeable; I could feel how much less stressful it was to play like that, and I could even hear a difference in the sound I produced. Reinaldo said, "I am not teaching you how to play the guitar, or how to play the bones. I am teaching you how to do these things without hurting yourself."

Throughout the sessions Reinaldo moved at a slow, deliberate pace and guided me to move slowly through my actions. I asked him about that. He said, "I encourage you to move at a slower pace than your natural pace so you will be able to pay attention — not necessarily in a conscious way." In other words, it seems that the Alexander Technique works on multiple levels, including in ways perhaps beyond the ability of language to describe it fully.

Alex Murray, who, along with his wife, Joan, is the Co-Director of the Urbana Center for the Alexander Technique, where Reinaldo studied and became certified, said, "Alexander continually refined his teaching. He found that the words didn't exist for what he was conveying. Unless people had the actual experience, words were meaningless. So he stopped talking in order to give the experience — to let you explain it to yourself. He allowed each student to explain it personally, which is really what it's all about. You explain it to yourself. Your explanations are for yourself, not for anyone else, since we're all coming from a different direction."

Reinaldo Couto is an Alexander Technique teacher in Ann Arbor. His office is located at 2144 Victoria Circle, Ann Arbor, Michigan 48103. For more information, visit www.reinaldocouto.com.

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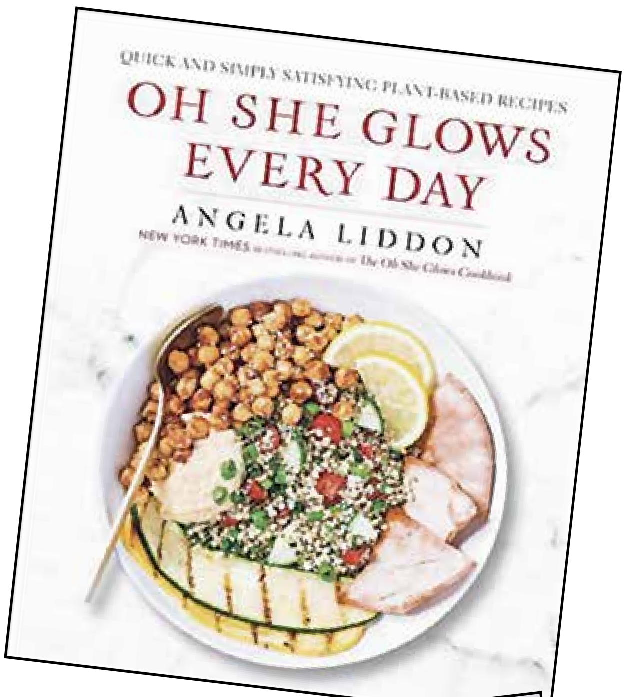
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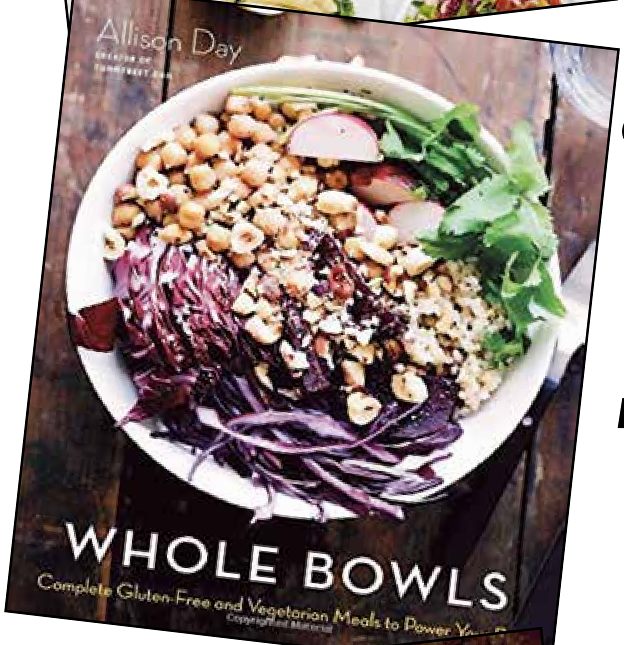
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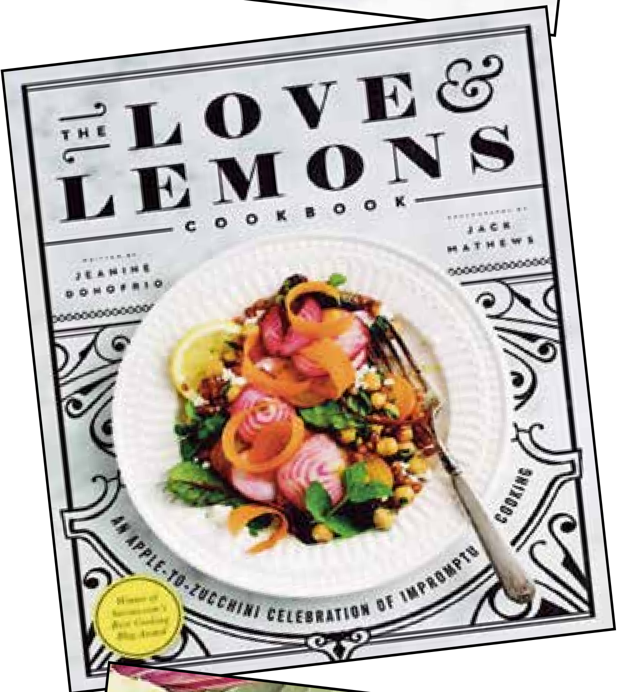
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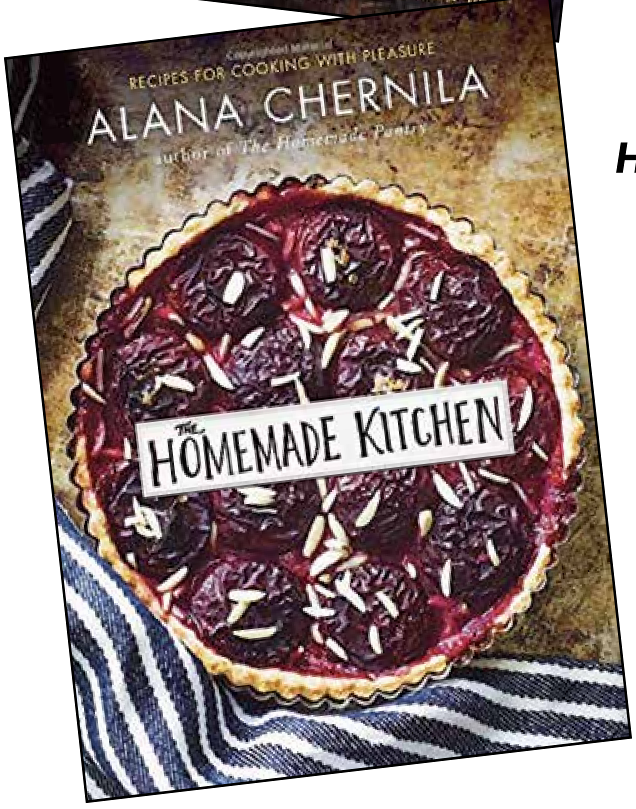
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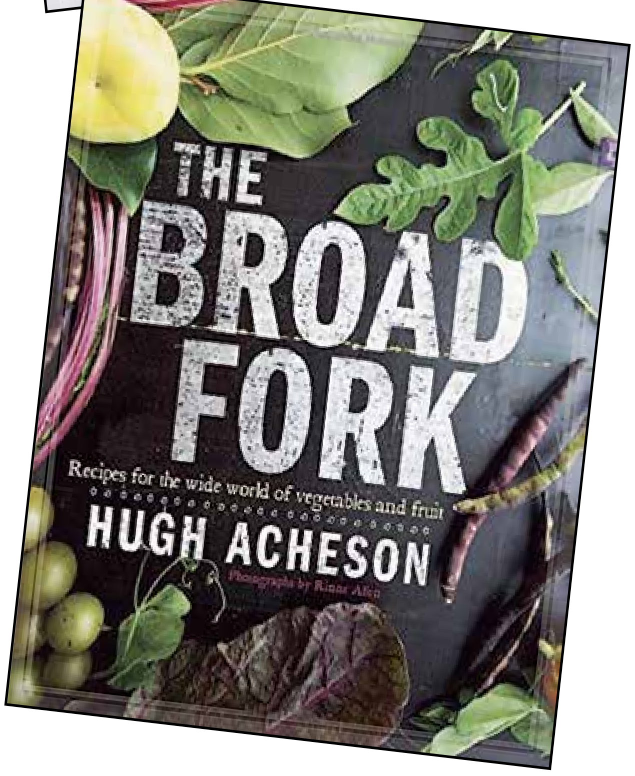
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Bringing Integrative Medicine to the Ann Arbor Veterans Hospital

Nancy McKlaren, R.N., Dr. Paul Moga, D.O., and Allison Mitchinson, L.M.T.

By Kirsten Mowrey
Photography by Joni Strickfaden

Allison Mitchinson walks through the Veterans Hospital in Ann Arbor as an old hand. Sliding around groups, easing her way through the busy hallways, she confidently guides me until we come to a nondescript door that leads to an inner office area. Here, at her desk, "whole person treatment" is taking its latest step in a long journey. Mitchinson, a licensed massage therapist, creates integrative care *within* the hospital environment. She and two colleagues are using their expertise to help local veterans address pain and health issues. They are also publishing research about their work.

Integrative medicine, in the forms of massage, acupuncture, spinal manipulation, and energy work, has been growing in America since the early 1970s under various names and guises like complementary care and alternative medicine (CAM), and has been hugely successful in the private sector. Integrative therapies run a parallel course to traditional medical care, with patients crisscrossing into each system, but professional cross-pollination has been minimal. According to Dr. Rita Benn, Director of the University of Michigan's Faculty Scholars Program, there are around 60 universities that have small programs working with integrative care, mostly because of champions within each system committed to using it.

According to Dr. Rita Benn, Director of the University of Michigan's Faculty Scholars Program, there are around 60 universities that have small programs working with integrative care, mostly because of champions within each system committed to using it.

"We had very supportive management," said Mitchinson, explaining how integrative medicine came to the VA administrative leadership and grant support provided the initial push. She explained:

> I was working in the health services research and development group, finishing up going to [massage] school, and found out Dr. Hinshaw, who was chief of staff here at the time, was doing a pilot study on massage therapy. I wrote and asked if they needed any help, and next thing I know, I was involved with it. That pilot study in 2000 was the predecessor to [a published] study. I wrote the grant for that in 2001 with Dr. Hinshaw.

The study researched postoperative pain management following cardiac surgery, using massage as an adjunct (assisting) therapy. It was the largest random controlled study using massage at the time. The conclusion? "Massage is an effective and safe adjuvant therapy for the relief of acute postoperative pain in patients undergoing major operations."

It is unprecedented: a large traditional health system reaching out to tap into the local wealth of integrative therapies, to better provide for the needs of their patients.

Mitchinson continued in a level voice, pausing to adjust her glasses: "Originally, there were two proposals, one for a massage therapy program in palliative care and one for pain management. I was working with Dr. Hinshaw to make the pain management proposal and the VISN proposal." VISN is short for Veterans Integrative Service Network. The nation is broken up into 22 regions, or VISNs, with each area meeting required dictates for care. Locally, our VISN includes the Lower Peninsula of Michigan, Ohio, and Indiana. "We were told: we're not going to fund both of these but we'd like you to *do* both of these. So that was how the whole thing started. The VISN's acceptance of the proposal and willingness to fund it was a direct effect of that study — [it had] shown [massage] was effective." The study was published in 2007 in the *Archives of Surgery,* the same year Mitchinson's grant for massage therapy was accepted by the VA. Her massage therapy position began in 2008.

Her colleague, Dr. Paul Moga, arrived in 2007. With two professionals on board, integrative care had arrived in the VA Ann Arbor Healthcare System. A compact, bearded man, his demeanor is quiet and attentive. "I started life as D.O. [Doctor of Osteopathy] and went back to school to do graduate work in biomechanics. I gravitated from family practice to musculoskeletal in the late 90's, and did occupational medicine at Detroit Medical Center for the city's police and fire fighters." After that he began his fellowship at the VA, doing manual medicine part-time at the VA hospital. Manual medicine is the use of palpation and directed techniques to aid in the diagnosis and treatment of musculoskeletal disorders. If a patient has pain with lifting, for example, a clinician may touch the areas affected,

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Integrative Medicine

Ann Arbor Veterans Hospital

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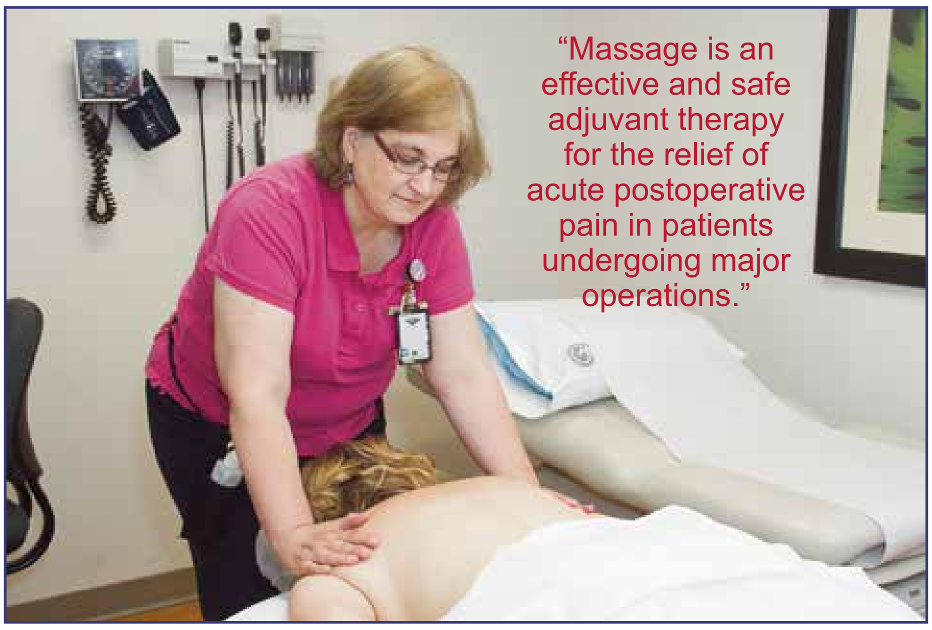
move a joint through range of motion, and use body weight or pressure to improve function. He explained, "I was finishing my year, my boss said, 'How'd you like to stay?' and I said, 'OK.' I started doing more manual medicine, started the clinic, and taking on additional responsibilities."



"Massage is an effective and safe adjuvant therapy for the relief of acute postoperative pain in patients undergoing major operations."

For years Dr. Moga and Allison Mitchinson were it for the clinic, until Nurse Nancy McKlaren arrived in 2015. McKlaren provides Healing Touch, an energy therapy where practitioners consciously use their hands in a heart-centered, intentional way to support and facilitate health and healing. "I've had men who sat right where you are who said, 'I think it's a bunch of hogwash and I think it's stupid, but the doctor asked me to do it, so I'm going to do it,'" related McKlaren. "And then when I'm done, they sit up off the table and they are like, *'Wow, that was intense,'* and at that point they buy right into it. 'I'm coming next week.' Experience speaks louder than [their] belief system."

Taking a moment to adjust her long dark hair, she continued:

> I think the one that surprised me the most was the one who was nearly 70. He comes in, dressed like a motorcycle biker, big long beard, I just kinda looked at him and [thought], This guy is gonna walk out of here and say it's hooey. I got done and he says, 'I don't know if it helped me, but I'm going to come back in a week.' He came for four or five sessions. He was one of my hypertensives and had a significant drop in his blood pressure. Another case, she was around 50, migraines, multiple trips to the E.R. over the past year, her primary care was trying everything: acute pain meds, as well as long acting meds for migraines, MRIs, CT scans — couldn't keep migraines under control. [Her doctor] suggested that she get massage and Healing Touch, back to back. She'd get Healing Touch, go home, and within an hour, get massage. We had four treatments like that and she didn't have a migraine after. After a year of emergency room visits!

"Experience speaks louder than [their] belief system."

– Nancy McKlaren, R.N.

Receiving care from these practitioners follows a pattern similar to their allopathic colleagues: consultation, evaluation, treatment, and a treatment plan for the veteran. Integrative practitioner appointments are handled like any other practitioner when it comes to scheduling and referrals. The recipients draw from a wide area: "Some from Kalamazoo, from northern Indiana. One guy came from Alpena area and one from the U.P. and he's *moved* here, because the people in [VISN] 12 didn't give him what he needed!" chuckled Moga. "Battle Creek facility doesn't have this modality, they don't even have fee-based for this modality, so in the state, this place is the place to come for alternative medicine in the VA."

The desire for these services, however, has far outstripped the offering. "The truth is I haven't been able to accept a new consult for chronic pain since 2009," admitted Mitchinson, when I asked her about her patient load. According to the American Massage Therapy Association, the average massage therapist sees 15 people a week, for a total of 60 sessions a month. "They need a referral by grapevine, curbside," said Moga. "At one point I had an official consult form but I was just inundated, and my boss said you need to take care of who you have on board, so I stopped."

For some hospitals that consider adding massage, concerns about high demand have outweighed Mitchinson's research demonstrating efficacy of treatment. In an alternative therapy health medicine journal, the Salt Lake City VA admits to not adding massage "because hospital administrators were concerned that the clinic would be overwhelmed with requests."

In Ann Arbor, high demand and limited access caused the Ann Arbor VA to seek a solution outside the system, referring veterans to private therapists. It is unprecedented: a large traditional health system reaching out to tap into the local wealth of integrative therapies, to better provide for the needs of their patients. Choosing to make this move, with no institutional history to guide them, the Ann Arbor VA shows a deep commitment to the needs of their patients.

"One guy came from Alpena area and one from the U.P. and he's *moved* here, because the people in [Veterans Integrative Service Network #) 12 didn't give him what he needed!" chuckled Dr. Paul Moga.

Non-VA providers are required to submit treatment notes and bills for all services, and each prescription requires a report and is only for limited duration. Dr. Moga reviews each request:

> Referrals have to be aligned with primary care thinking. I try to educate them [primary care doctors] on the caveats when we are looking at any of those modalities. I researched looking at the big private sector insurers. What CAM things do they cover? Some acupuncture, not many massage, chiropractic different numbers. So here's what we did: we will go beyond what the private sector insurers offer their members. We'll take 26 visits a year for primary care modality, 13 visits a year for the secondary, which, when you total them, means you have a care modality every week and a half, which I think is really impressive.

Impressive, yet institutional elements prevent expansion. Structurally, the VA's system for care requires only one manual medicine (D.O. or chiropractor) practitioner per region. For years, Ann Arbor was in VISN 11, which included the Lower Peninsula of Michigan, most of Indiana, and about one-third of Illinois. Dr. Moga informed me there was a slice of northwestern Ohio in there, too. Currently Ann Arbor is VISN 10, which removes Illinois but adds Ohio and some of Kentucky. That's an immense area for one individual. There are no requirements for other modalities. Massage faces a very knotty difficulty: Congress. Because there is no official designation of massage therapist within the VA system, the only way to add it is with Congressional approval. I asked if this is VA policy, or a quirk of management, or historical law. Mitchinson replied, "No, just the way the legal system works. They just can't willy-nilly decide they are going to have a job classification without the approval of Congress. It's

"I've done massages on so many people that most massage therapists wouldn't even touch, they'd be too afraid."

– Postoperative Pain Specialist and Massage Therapist Allison Mitchinson the same for any job, it's not particular to massage therapy. I don't even think it's particular to the VA, it's federal." Mitchinson was hired as a research science health specialist and now is listed as a program specialist, not massage therapist.

Another challenge? Recall the nondescript door that I mentioned at the beginning? It leads to where Mitchinson massages her patients — in an office area crowded with cubicles, printers, and clinicians. She does not have a treatment room. Mitchinson has a cubicle desk here, one of four desks in a square unit, her walls covered with photographs and mementos. The whole unit is only about 12 feet deep. Dr. Moga and Nancy McKlaren, located near primary care, have their own rooms with doors, treatment tables, and desks; each room is bigger than Mitchinson's square unit. Inpatient massage is done in the room, but for her outpatient chronic pain patients, she takes her portable table, stored in the hallway, elsewhere.

"[We are] training nurses to do guided imagery, simple massage, acupressure, relaxation therapy techniques."

– Nancy McKlaren, R.N.

"Elsewhere" is a ten minute journey away. If you've seen or driven by the VA hospital, you'll note how long it is, its long brick walls stretching along Fuller Road. To get to Mitchinson's outpatient room, we will walk the length of the building, plus additional winding corridors. Eventually, we are at the opposite side of the building from the main entrance. Here, in one of the treatment rooms, is where she sees her outpatient pain patients two afternoons a week. The room contains a sink, a treatment table with drawers below, and a few chairs. The atmosphere is distinctly clinical. Allison moves the furniture each time to create enough space to set up her table and massage her clients.

Finally, there are the veterans themselves. Veterans seeking care are more typical of hospital patients than the general population. Mitchinson explained:

> I've done massages on so many people that most massage therapists wouldn't even touch, they'd be too afraid. I just worked on this one guy this week, he had melanoma. He had these little tumors all over him. They sent him to me because he's having neck pain and shoulder pain. He'd already had a surgical excision in his armpit, and here [indicates top of arm] and I think that's why he was having the shoulder pain. Then he'd had four weeks of radiation with the arm torqued out like this [gestures], numerous little tumors, and three or four little melanomas [near surgical site]. This poor guy, he's coming, he can barely walk, and to *get* to me, is a huge ordeal. He drove here, from Ypsi, this particular guy, but I have guys coming up from Ohio, 90 miles each way. You want it to be *something* for them, so you do whatever you can.

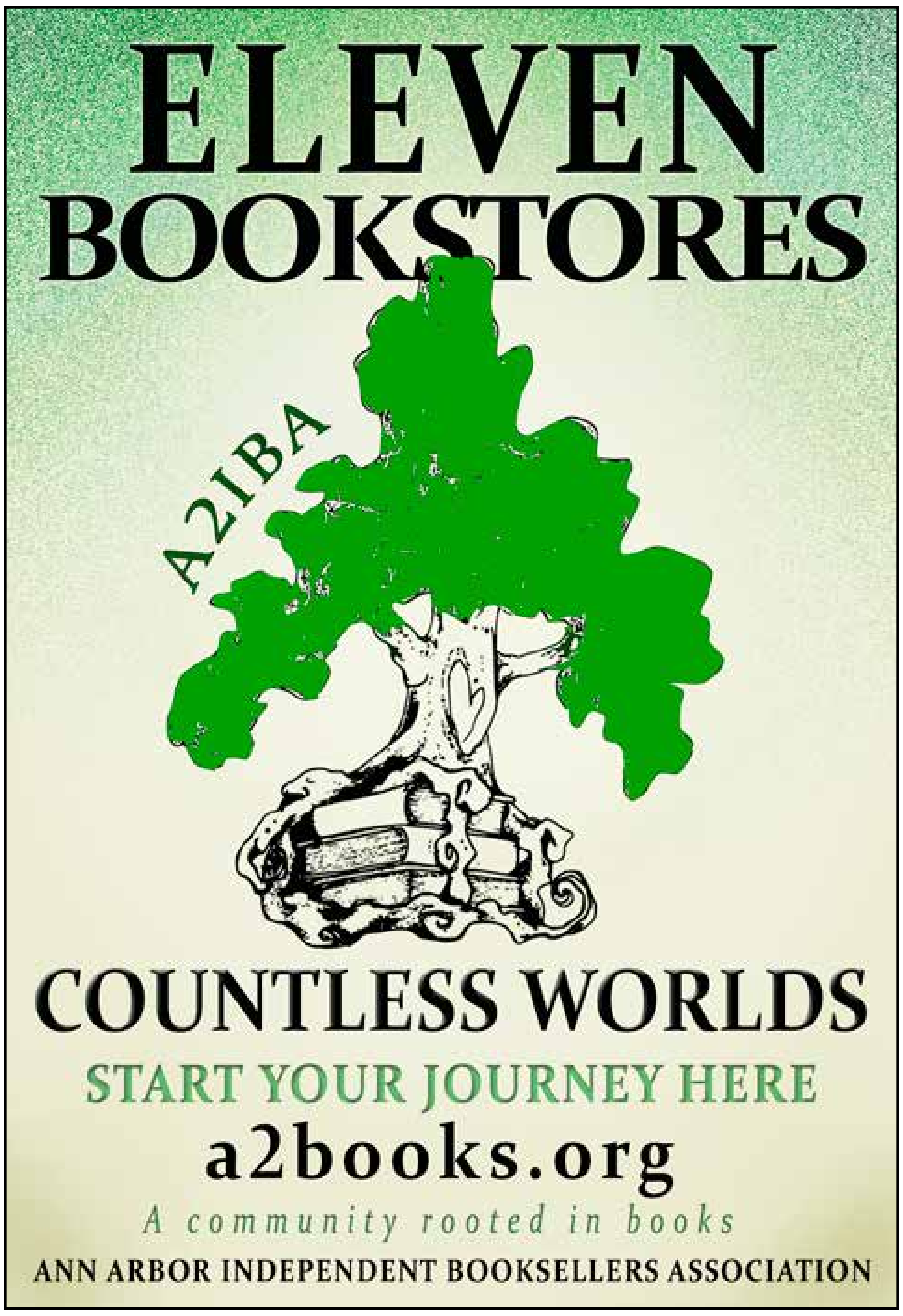
The evolution these practitioners represent cannot be overstated.

Despite all these hurdles, reception of this type of care has been extremely positive. While I could not interview individual veterans due to privacy policies, the *Journal of Rehabilitation and Research Development* paper that identified obstacles also cited veterans' responses to massage. Researchers noted:

> Participants reported an overwhelmingly positive response to the therapeutic massages, chiefly as a way to relieve pain but also to increase mobility and flexibility; promote relaxation; foster more restful sleep; and reduce anxiety, stress, depression, and fatigue. Some participants reported an initial increase in pain associated with the depth of the massage, but all felt the end result justified the experience. [A patient response was:] "She really works my muscles and it's painful, but I always feel better before leaving."
>
> Other patient responses were: "It's beautiful, they should have it for all veterans," and "If I had my druthers, I'd be up here about every week."
>
> And: "I would like to see them be able to fund more massage therapists and manual medicine people because your body is connected from the tip of your toes to the top of the head and if one place is irradiated then its going to affect the rest of your body and it also affects your temperament."

Meanwhile, the practitioners keep their focus on what they can do. Nancy McKlaren serves on the VA's subcommittee for CAM modalities.

"I am 200% supportive of what Allison is doing," said McKlaren. "In August [2015] we had an integrative training for nurses, offering training and a certificate in four different modalities. This is a grant that Allison got to bring more CAM into the hospital. 25 nurses, 12-13 from our extended care and 12-13 from ambulatory care. [We are] training nurses to do guided imagery, simple massage, acupressure, relaxation therapy techniques."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Allison Mitchinson is reaching beyond her colleagues. "This VA services something like 50,000 veterans, you can't hire enough massage therapists, so how do you get more touch into the system?" she asks. To that end, she has created a toolkit, a document with a DVD to educate nonprofessionals. "You get volunteers, you train family members, you get other care providers to do it. That's part of the toolkit, we give them information on other ways."

When not doing massage, Mitchinson writes grants for research. Since her 2001 study, she has conducted and published four more studies: one on massage integrated with veteran's palliative care, two on perceptions of CAM within the VA (one local, one national), and one on the relationship between veterans and their massage therapists and how it affects their pain. She presented at the Massage Therapy Research Conference in May 2016.

The evolution these practitioners represent cannot be overstated. It is a new horizon for allopathic medicine to have massage, manipulation, and Healing Touch *included* in care, administered by staff members, and paid for by insurance (with the government as the insurance provider). Having integrative practitioners within the hospital environment and as colleagues expands our definition of "health" and "care." As part of a veterans' care plan, with practitioner's notes part of the medical record, these modalities become a part of the spectrum of care, not separate. It offers, to quote one study from *Complementary Therapies in Medicine,* "...care that enhances healing by increasing the 'capacity of the organism to heal itself.'"

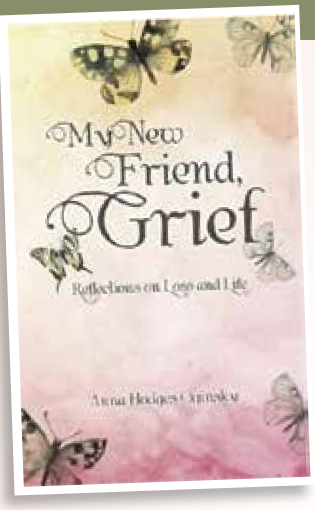
Supporting the entire body, with its many feedback loops and integrated systems, may be the way to real health, for veterans and for ourselves.

Kirsten Mowrey, LMT, BCTMB, is a local body and energy medicine worker. This is her fourth major feature article for the Crazy Wisdom Journal.

My New Friend, Grief:

Reflections on Loss and Life

A powerful new book by Anna Hodges Oginsky



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At the Heart of Everything is Dharma ~

Getting to Know Tsochen Khandro and Traktung Rinpoche of Tsogyelgar Dharma Center and White Lotus Farms

The Tsogyelgar Dharma Center is a singularly dynamic and vibrant Buddhist community set on farmland just a few miles west of downtown. Now in its 26th year of existence, the community may be best known for spawning White Lotus Farms and its delicious baked goods and dairy products. Founded and guided by an American-born couple, Katie and Stuart Kirkpatrick (who have been known by their Buddhist names for decades now), Tsogyelgar includes its own self-built Stupa, magnificent self-generated Buddhist works of art (thangkas), poetry nights, CDs of beautiful and spiritual music, and dozens of local and nationwide followers dedicated to living in a conscious and compassionate way. Tsogyelgar is a living example of the fruits of creative and iconoclastic and hands-on spiritual-based activity and effort. And it is certainly one of the best examples in this region of mindfulness in action within the context of a community of spiritual seekers. What follows is a profile by our leading feature writer, Rachel Urist, of the exceptional Tsogyelgar sangha (community of Buddhists) and its inspired founders. Eighteen years ago, we interviewed Traktung Rinpoche (here is the link: bit.ly/crazywisdomInterview1998), the male member of the husband-and-wife team. In this profile, we mostly focus on his wife, Tsochen Khandro, who is at the heart of the community, and whose contribution is largely unsung in the wider Ann Arbor region. (Together, they have two daughters, Lily and Ryan, and two grandchildren.)

By Rachel Urist
Photos by Linda Lawson and by Tsogyelgar

The Farm

Driving west, Liberty Street became an unpaved country road as I watched for a sign to White Lotus Farms. Barns began appearing on either side. Suddenly, on the south side of the road, there it was, seven miles from downtown Ann Arbor. I turned left into the driveway, which became a cul-de-sac, which serves as a dirt lot. What was once farmland is now is now an intentionally planned Buddhist community. I was met by a community member who escorted me to a clapboard house. Katie Kirkpatrick awaited me there.

On White Lotus Farms, she is known as Tsochen Khandro, her Tibetan name. Her husband, né Stuart Kirkpatrick, is Traktung Rinpoche [RIN-po-SHAY]. In 1990, they founded this Buddhist community, the Tsogyelgar [So-Yel-Gar] Dharma Center. Dharma is the collection of the Buddha's teachings, and it is the path to awakening. To study Dharma is to focus intensely on the values promoted by this tradition, in order to understand them and integrate them into one's daily life. The Kirkpatricks bought the property in 1992 and named it the Crazy Cloud Hermitage. They bought and renovated this house, but the one they call home is four miles south of the farm. Tsochen Khandro was introduced to me by her American name, but answers mainly to Tsochen Khandro, which is what she has asked to be called here.

This space is warm and cozy and offers meeting space, a library, study and rest area. The bedrooms upstairs serve as living quarters for three community members. The house is surrounded by gardens, which Traktung Rinpoche carefully nurtures. It is a stone's throw from the structural mainstays of the community. Tsochen Khandro and her husband pooled their collective inheritance to buy this and the other properties they own. Their parents, now gone, bequeathed them a comfortable inheritance. Tsochen Khandro was in her early twenties when she lost both her parents to cancer. Now 55, she has long been accustomed to making her own way in the world.

> Members of the community, some who grew up on the property, process the farm's bounty.

She gave me a tour of the grounds. The farm spans fifteen acres, with hoop-houses, barns, sheds for goats, chickens, and ducks, gardens, a pond, stone statuary, planted acreage, and buildings of varying size. Members of the community, some who grew up on the property, process the farm's bounty. A bakery produces rustic breads, along with delicate croissants and pastries. A creamery produces an array of artisanal cheeses, many of them made with goats' milk. The farm has produced sweets, including *cajeta,* a Mexican caramel-type confection made of goats' milk. And, of course, there is organic produce galore. The farm's business owners (creamery, bakery, farm) keep their proceeds, because the farm does not operate as a commune. The financial arrangements follow a modified capitalist system. Those who work in the businesses make salaries; they're paid employees. Any profits above and beyond salaries belong to the whole. Several of the employees also work as the Buddhist equivalent of Catholic lay brothers and sisters, but live a vow of poverty, so the community pays for them — room and board, health insurance. "Community" refers to the Tsogyelgar Dharma Center. Everyone associated with the farm is a student of Buddhism. Some of the community members have purchased their own homes, bordering the farm or nearby.

Tsochen Khandro led me to a penned-in area and introduced me to the goats and this year's kids. The animals nuzzled against us, asking to be petted. Chickens strutted and clucked among the goats, almost as affectionate as their four-legged friends. Ducks waddled about, too. All the species were perfectly comfortable together. Tsochen Khandro explained that all the goats on the farm are bottle fed, so they see humans as nurturing partners. I wondered why these kids are bottle-fed, when their mothers are right there. Tsochen Khandro explained that since the goats' milk is used for several enterprises, it is collected and disbursed as needed.

I was surprised to learn that both male and female goats have horns. The kids' horns look ornamental, like little knobs on top of their heads. The dams' horns are a bit bigger, slightly curved and pointed. No adult males reside on the farm, and I saw no horns longer than three inches. Tsochen Khandro explained that goats raised on industrial farms typically have their horns removed. Some consider this a cruel practice, but I later learned that this is done for three reasons: to protect the goats from one another, to protect the people around them, and to make the animals eligible for shows. The goats at White Lotus Farms, however, who are tended as lovingly as house pets, are spared this swift but painful procedure. They are adorable (they are Nigerian Dwarf goats) and remarkably affectionate. They are as cuddly as domestic pets. They graze freely, along with the chickens and ducks, and they snuggle with anyone who comes near.

Their milk is used to make several cheeses at White Lotus Farms. Among them are: aged feta, fresh feta, and chèvre. Cow's milk is used to make hand-crafted cream cheese, herbed butter, and an assortment of hard and semi-soft cheeses. (All the cheeses I sampled were delicious.) In spring and summer, farm carts on the premises sell these cheeses, along with breads from the farm's bakery, eggs, flowers, herbed soaps, and organic vegetables. These items are brought to the Ann Arbor Farmers' Market and sold there, too.

We left the animals and headed to the "grande allée," a long, grassy boulevard lined with roses and a wide assortment of other blooming varieties that explode with color during growing season. Tsochen Khandro identified many of them. Then we headed for the large barn. Inside this renovated space, a narrow flight of stairs leads to the shrine, the large room used for communal prayer. A leather armchair, like a rustic wooden throne, sits in a place of honor. Beside it is a small table adorned with ritual objects. The chair's cushion is covered by a bear-skin, culled at the couple's property in West Virginia. (The West Virginia property is now used primarily for retreats.) The surrounding walls feature colorful murals showing traditional Tibetan Buddhist figures and symbols. The murals extend up to the ceiling from the wooden wainscoting bordering the wood paneling below. Art and music are central to the community. Framed paintings adorn the walls of just about every building on site. A music studio produces albums created by members of the community. And there are regular poetry readings on the premises.

The farm's business owners (creamery, bakery, farm) keep their proceeds, because the farm does not operate as a commune.

One local poet, excited to learn that White Lotus Farms would be featured in *Crazy Wisdom Community Journal,* gave me a first-hand report of the Gary Snyder event in September 2015. She gushed in recalling it. "To have a grandfather of the Beats at a farm in Ann Arbor taking questions from Clayton Eschleman about Buddhism in translation, and to have Keith there and all of the other luminaries of Ann Arbor poetry under one tent on a fall evening, and it was free, was truly spectacular!" Snyder, the recipient of many awards, was the model for Jack Kerouac's Japhy Ryder in *The Dharma Bums.* Snyder, a Chancellor of The Academy of American Poets since 2003, won the 1974 Pulitzer-Prize for *Turtle Island,* in which he urged ecological consciousness. Snyder has also encouraged people to take an interest in Eastern philosophy as an antidote to the ills of the West.

As Tsochen Khandro led me back to the house, I asked to see the farm's trademark stupa (STOO-pah), an ornate edifice constructed by 40 community members under Traktung Rinpoche's supervision. The structure is 35-feet tall and weighs 100 tons. It is deemed a potent living symbol of the Buddha's mind. Meditation in the vicinity of the stupa is said to strengthen the quality of one's practice. It is a sacred Buddhist structure, built in accordance with a very specific architectural design. Tsochen Khandro mentioned that she was eight months pregnant when the stupa was built. She painted flowers on the stupa's corners. She did that from high up on a scaffold. "It was fun!" she said. Some believe the structure has magical powers, a notion confirmed by local legend, involving neighbors just beyond this site. We turned south, walked a few hundred yards, and there it was.

The stupa's building crew worked round the clock to get the job done. Normally, it would take six months to build. But Traktung Rinpoche's teacher told him the time was right to build it — as long as the project was completed by a certain date. That date was six weeks away. Traktung Rinpoche drove himself and his helpers hard, working round the clock to get the job done. The "legendary" neighbors — quiet, private people — were disturbed by the noise. When the stupa was complete, the community invited these neighbors to join the celebratory dedication. They accepted. A week later, the neighbors informed the community that following the dedication ceremonies, their prayers were answered. After eight years of trying, they conceived their first child. The Buddhist rituals next door no longer annoy them.

My meetings with Tsochen Khandro and Traktung Rinpoche were delightful. Each is a lively conversationalist. Both are comfortable in their skin. They appear honest, open, and warm. We met face to face, by phone, and email. Still, it took a while to get a clear sense of what Tsochen Khandro does at White Lotus Farms. This may have been because our conversations were fragmented. Or maybe they assumed I knew more about Buddhism than I did. Or maybe Tsochen Khandro is unaccustomed to talking to outsiders about what she does. Slowly, however, a picture took shape.

White Lotus Farms represents the business arm of the Tsogyelgar Dharma Center, which is the spiritual center of this Buddhist community. To be a "member" means to be among the student/practitioners who gather for classes, retreats, and sundry celebrations. Tsochen Khandro described the community as something akin to "a monastery or a Jesuit school."

The farm businesses operate collaboratively — as opposed to the spiritual center, which is run by Tsochen Khandro and Traktung Rinpoche, who make all the decisions. When they started the Dharma center in 1990, word spread quickly. Hundreds of people came. Classes, Sunday practice, and every other gathering were crowded and a bit chaotic. People would fly in for a weekend then leave. The couple took stock and established basic criteria for membership. These days, on any given Sunday, around sixty people show up for morning Dharma practice in the shrine. Tsochen Khandro describes these assemblies as akin to church. Retreats are a different story. They have put a limit on 100 people. Some come from other countries for these events, which can range from two days to four weeks. There are also dues. To be a student and member of the community, one pays $60 per month and works on the property. Those who cannot afford to pay, don't. "There isn't that much structure," Tsochen Khandro noted. She added: "We want the community to continue after we're gone."

Almost in passing, Tsochen Khandro noted that she and Traktung Rinpoche took their ordination vows 17 years ago at a Center in Wales.

> It was a sweet and symbolic moment for us to reaffirm our connection with Guru Rinpoche, which we have maintained over many lifetimes. But it is important to understand that in Vajrayana, anyone may decide to become a teacher. It is understood that one's qualities as a teacher — if they are real — will bring students and create a sangha. And if they are not real, things will fall apart naturally. So ordination is not a certificate to teach. We had already been teaching for eight years at that time. Our lives were already dedicated to serve beings, in the tradition of Guru Rinpoche.

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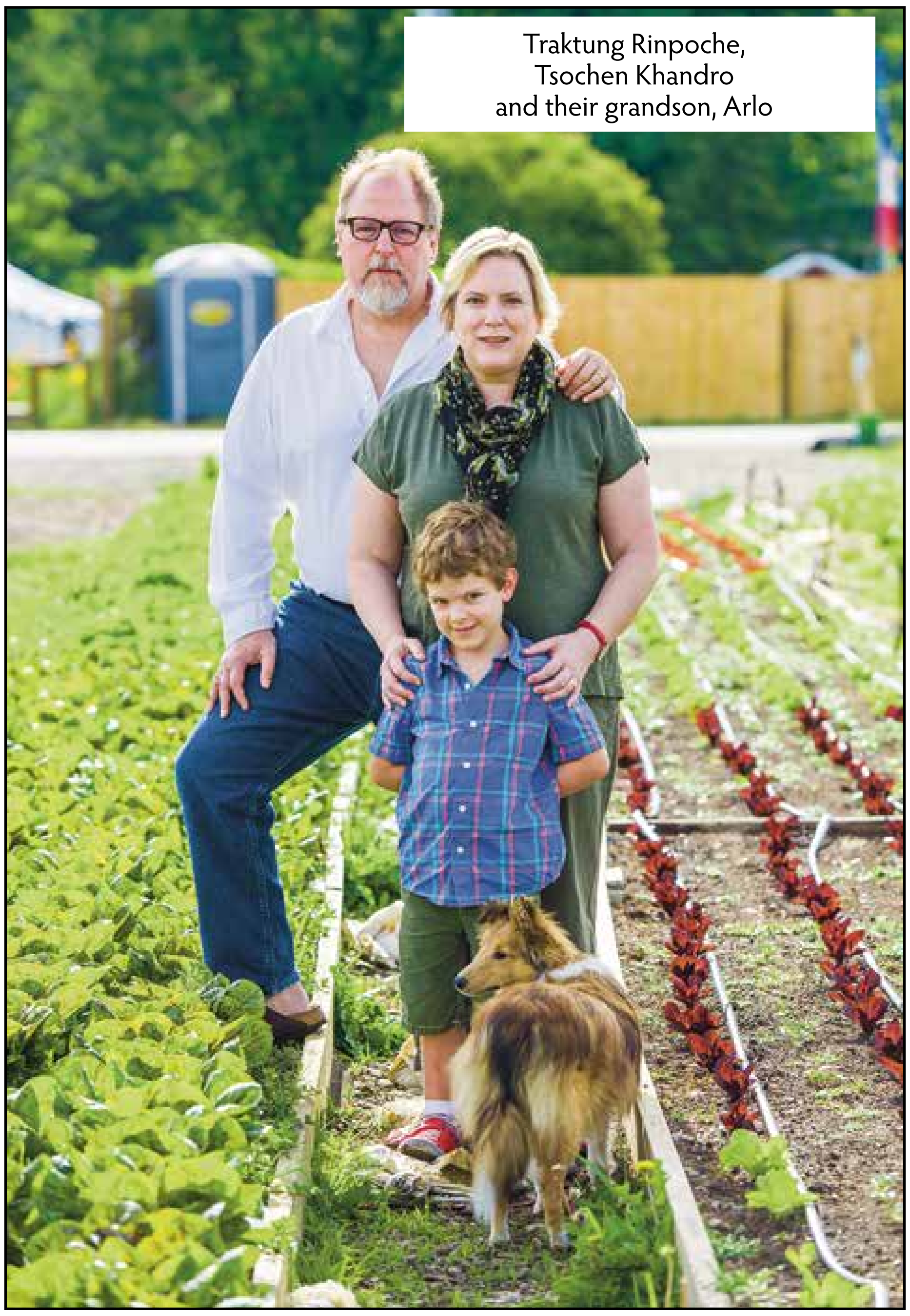
Traktung Rinpoche,
Tsochen Khandro
and their grandson, Arlo

The farm spans fifteen acres, with hoop-houses, barns, sheds for goats, chickens, and ducks, gardens, a pond, stone statuary, planted acreage, and buildings of varying size.

WHITE LOTUS FARMS

Tsochen Khandro explained that all the goats on the farm are bottle fed, so they see humans as nurturing partners.

WELCOME
to the
FARM
KIDS DAY
Plus fun face painting and kids craft table
TODAYS PIZZA
12 - 1:30
MARGHERITA

According to Traktung Rinpoche, Tsochen Khandro's competent and compassionate oversight is what keeps the farm humming.

"As Buddhist practitioners, we are motivated to bring beauty, truth, and goodness to our community through how we interact with our land, our animals, and each other." – Statement about White Lotus Farms

Sangha 2016

In 1990, Traktung Rinpoche and Tsochen Khandro founded this Buddhist community, the Tsogyelgar Dharma Center.

At the Heart of Everything is Dharma

CAFE
PIZZA
ORDER

Serving customers at the Saturday farm cart for White Lotus Farms

In spring and summer, farm carts on the premises sell these cheeses, along with breads from the farm's bakery, eggs, flowers, herbed soaps, and organic vegetables. These items are brought to the Ann Arbor Farmers' Market and sold there, too.

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Hearing them talk of their many lives gave me pause. To my ears, some of what I heard from Tsochen Khandro and Traktung Rinpoche was wild. I turned to a historian, an expert on Southeast Asia, for his thoughts on reincarnation and memories of past lives. He said that in Burma, for instance, discussions of past lives are commonplace. It is also not unusual to hear young children recite hundreds of pages of sacred text, which are assumed to have been learned in past lives and retained in memory. I made a mental note comparing this tradition with the Jewish notion of *"gilgul neshamot,"* the Kabbalistic view of reincarnation. *"Gilgul"* means cycle or wheel. *"Neshamot"* means souls. *Gilgul neshamot* signifies a kind of recycling of souls. Still, it was jarring to hear of "experiences" from past lives. When I referred to their "claims," I was corrected. These are not "claims" but "memories." Within the community, such notions are discussed casually. They are givens. I needed to understand how these concepts fit into modern life in Michigan in the 21st century.

I also needed to get a better sense of what it means to "practice Dharma." I knew that Buddhism is a tradition that promotes spiritual awareness. It teaches its followers to be compassionate, clear-minded, truth-seeking, awake. It values loving-kindness and wisdom. It seeks to alleviate suffering through healing and transformation, so that all beings may experience peace of the highest order (Nirvana). It underscores the concept of impermanence and urges its followers to divest themselves of material attachments.

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I was surprised to learn that Buddhism is not a theistic system. While Buddhism is often categorized as a religion, it can be seen as something closer to a tradition or a philosophy. In an interview of 1998, Traktung Rinpoche said: "The non-theist path of Buddhism is more likely to lead one to liberation than the theist path, because there are fundamental mistakes on the theist path — God and Self being two of them — because neither one exists." This helps explain why Traktung Rinpoche, who was raised in a high-power, intellectual household and who holds a B.A. in comparative religion, quotes so many philosophical and religious thinkers from different cultural backgrounds. They include Herbert Marcuse, Martin Buber, and the Baal Shem Tov. Traktung Rinpoche was always a voracious reader, and he continues to read widely.

His father was a philosopher. His mother, Jeane Kirkpatrick, was a political scientist. They were renowned academics who traveled with their three sons all across the world. Ronald Reagan named Jeane Kirkpatrick U.S. Ambassador to the U.N. She was the first woman to serve in that role, and she was deemed indispensable to Reagan despite her affiliation with the Democratic Party. At the Kirkpatrick's dinner table, discussions ranged from philosophical to political to religious. Cultural differences were not only discussed, they were experienced first-hand, since the family spent years in Europe and the Far East. Traktung Rinpoche's multi-lingual mother read Plato aloud to her sons during car trips, and the boys were expected to offer opinions on the concepts proposed. Young Stuart (Traktung Rinpoche) was always intellectually curious. He was a thinker. But he also was visited by visions — he calls them "memories" — which frightened his parents. By the time he was eight, he understood the dangers of divulging his "daydreams," as his parents called them. For him, there was something surreal but not unnatural about these visions. They were memories of past lives. But when he spoke of them aloud, he sparked parental concern. They wondered whether they should send their son to a psychiatrist. He learned to keep his visions to himself.

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Tsochen Khandro and Traktung Rinpoche, however, have no trouble appreciating one another's memories of past lives, and as a couple they have invested their energies and resources in the well-being of the community. Using their pooled inheritance, they have subsidized the professional aspirations of several of their students, underwriting their tuitions and supporting them through art and culinary schools. Buddhism discourages idleness. It encourages self-sufficiency and productivity. A practical livelihood is essential if one wants to achieve the higher, metaphysical goals (peace and harmony).

As instructors of Dharma, Tsochen Khandro and Traktung Rinpoche teach by example. To help their students achieve the higher goals, they offer several forms of assistance. Finding inner truth is more easily done if one has food and shelter and if one is not engaged in disputes. Meditation figures large in the community's endeavors; it is key in reaching the highest of personal and collective goals. It is assumed that life is best lived simply, without pretension or undue ambition. It is always important, too, to help others.

The simple life promotes authenticity, which is a key element in finding inner peace. While most traditions valorize wisdom, learning, and compassion, Buddhism's goal is to achieve enlightenment. This requires mindfulness and intense focus. When community members speak of Tsochen Khandro, it is clear that she is a living example of the adage: Action speaks louder than words.

Destiny Calls: The Fateful Meeting

Tsochen Khandro met her husband-to-be 33 years ago at Kenyon College a week before her graduation. She was 22, he was 23. As she tells it, their initial meeting confirmed the sense she'd had since childhood: that she was looking for someone; that there was someone she needed to meet. Her mother always thought her daughter crazy for harboring that idea. But at Kenyon, when he turned to ask her what time it was, she felt "struck by a lightning bolt," as she put it. Her longstanding meeting with destiny had just occurred. "From that point on," she added, "we were together."

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The meeting may have felt preordained, but Tsochen Khandro was not happy about it. She went up to her room and cried. As she told it:

> I freaked out. He was a Rajneesh disciple then. He dressed in red. That did not fit in anywhere with me. It was distressing. I was a nice Catholic girl. But later, in the bookstore, he was talking with a group of people when I walked in. We looked at each other. He put his arms out, and I walked in. We were inseparable after that.

They still sing each other's praises. They now have two daughters and two grandchildren. Traktung Rinpoche is still her best friend, her inspiration, her soulmate. And she is his.

His visit to Kenyon College came during his time off from school. The friend he visited at Kenyon was also Tsochen Khandro's friend. When this friend brought them together, he introduced Traktung Rinpoche as "Pranama," which was what he was then called. In fact, Tsochen Khandro never knew her husband by his original name, "Stuart." They left Kenyon College together and she joined him at the Rajneesh commune in Oregon. They stayed there for six months.

When they left Oregon, they returned to Michigan. Tsochen Khandro, who is from Grand Rapids, has always considered Michigan her home. They came to establish Tsogyelgar Dharma Center. Traktung Rinpoche was Swami Prem Pranama. When she was ordained, she chose the name "Tsochen Khandro." Both had taken vows as a Lama, by then. The official role of teacher went to him.

In this spiritual community, names have heightened significance. “Tsochen Khandro,” her Tibetan name, is an honorific meaning “sky dancer”; she has left the confinements of earth for the vastness of open space. “Tsochen” means great lakes. Traktung Rinpoche’s previous name, Pranama, means worship. The name was given him by a Hindu teacher in whose ashram Traktung Rinpoche lived. Before that, he was known as “Khepa,” which is actually a title, not a name. It’s Bengali for “aimless, worthless, stinky beggar” — his way of signifying his lack of pretense in the presence of his teachers. It’s a name that put me in mind of the Jewish legend of the Messiah, whose harbinger will be a beggar — a creature wrapped in rags, possibly stinky, and certainly without clear signs of dignity, let alone holiness. If people take pity, if they share their earthly goods with such figures, the Messiah may reveal himself. If not, the Messiah may decide the world is not yet ripe for redemption. In other words, the world has more than one culture that nourishes the idea that recognizing promise in the lowly may be key to affecting change.

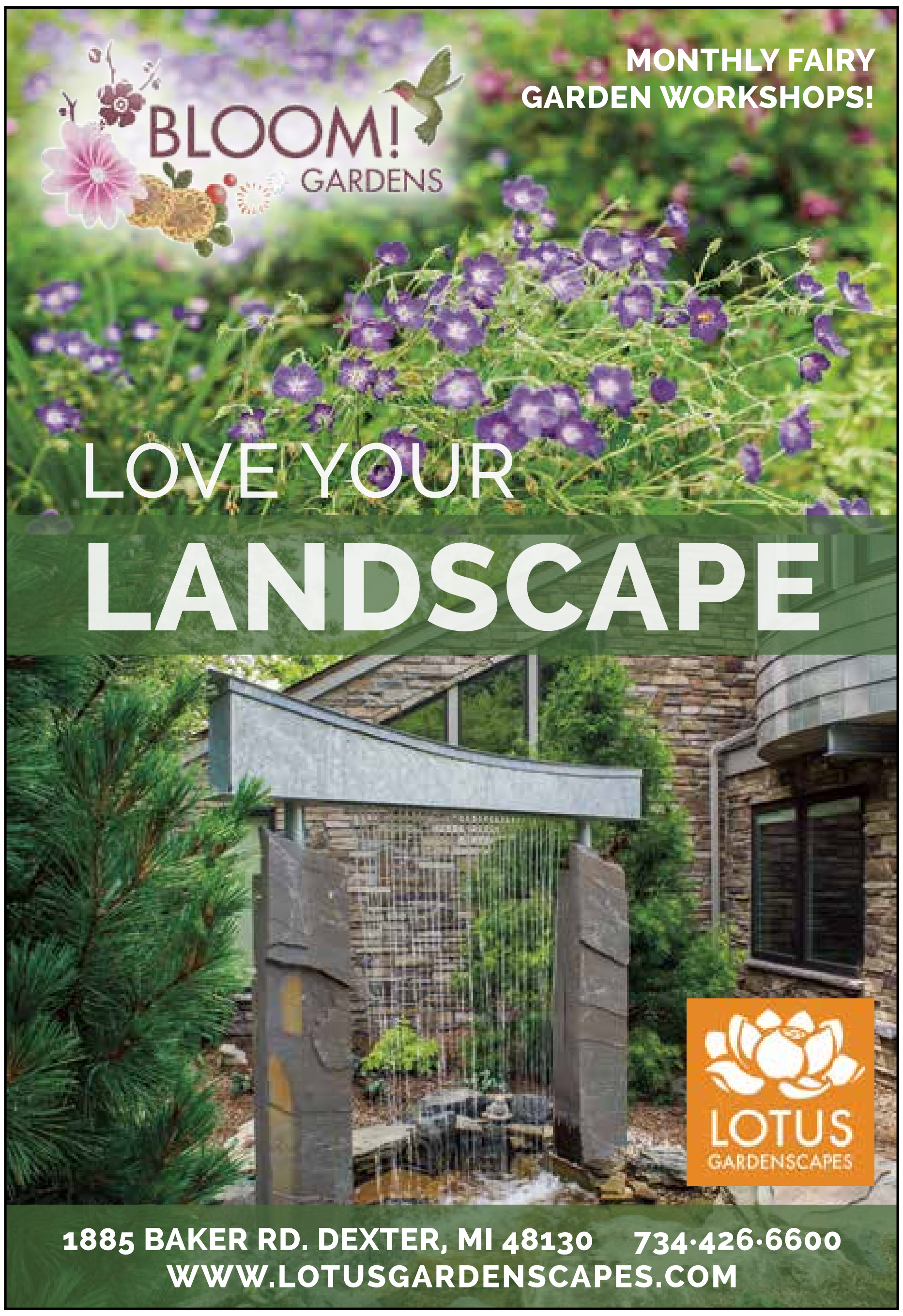
When Traktung Rinpoche was Khepa, Tsochen Khandro was “Acala [Ah-CHA-la] Devi” — a name her husband gave her. Devi is Sanskrit for “Tsochen Khandro,” or “sky dancer.” “Acala Devi” means “immovable and unshakable in her commitment to all beings through compassion.” These days, members of the Tsogyelgar community feel that Tsochen Khandro embodies the meaning of her name: “female holder of wisdom of the great lakes.” The student who explained this to me added: “We call those who teach us by their formal names. Of course, we do this for *our* benefit, not theirs.”

It is interesting that for Tsochen Khandro and Traktung Rinpoche, renaming themselves serves not as pretension but as a route toward greater authenticity.

It is interesting that for Tsochen Khandro and Traktung Rinpoche, renaming themselves serves not as pretension but as a route toward greater authenticity. For many, a new name can signal the reinvention of self, which can smack of artifice. For them, however, delving deeper into Buddhist tradition seems to bring them closer to awakening (enlightenment).

The names of traditions are also important. This community follows the Nyingma Buddhist lineage. When Tsochen Khandro and Traktung Rinpoche switched from teaching the foundations of Buddhism to the formal teaching of their preferred Bhutanese version of the practice, Vajrayana with an emphasis on love, they changed the name of the community to “Tsogyelgar.” Four years ago, the farm was named White Lotus Farms. Once they learned to identify serious students and set parameters for membership, the chaos of the early years waned. The community is now stable.

According to Traktung Rinpoche, Tsochen Khandro’s competent and compassionate oversight is what keeps the farm humming. Actually, he can’t praise his wife highly enough. Alternating between “Katie” and “Khandro,” he extolled her virtues and their benefits to their community of Buddhist practitioners, or “sangha.”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[Buddhism] teaches its followers to be compassionate, clear-minded, truth-seeking, awake.

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A Glossary

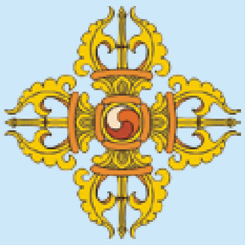
- **Buddha:** the teacher
- **Dharma:** the set of teachings
- **Dorje:** diamond or thunderbolt (*honorific*)
- **Gar:** Buddhist encampment (*note the “**gar**” at the end of “Tsogyel**gar** Dharma Center,” better known now as White Lotus Farms. Yeshe **Tsogyal** was a princess who lived from 777-837 A.D. It is said that when she was born, a divine, fresh-water lake emerged beside her house. Her youth was hard. It built strength. Ultimately, she became an Enlightened Buddha. The mythical lake that sprang up became a pilgrimage site. It is referenced in “Tsochen Khandro,” or “goddess of the great lakes.” “Yeshe” is the Tibetan word for wisdom.*)
- **Lama:** protector of the soul (*honorific*)
- **Paramita:** Sanskrit term meaning “perfection of wisdom,” or perfecting the virtues that culminate in enlightenment
  - **Six Paramitas are:** (1) generosity (2) discipline (3) patience, acceptance, forbearance (4) joyful endeavor, perseverance (5) meditative concentration (6) transcendent wisdom, insight
- **Rinpoche** [RIN-po-**SHAY**]**:** precious one (*honorific*)
- **Sangha:** community of Buddhist practitioners
- **Siddha:** Sanskrit for “perfected one,” or “one who is accomplished”
- **Tenzin:** Tibetan name for the holder of Buddha Dharma (*honorific*)
- **Terten:** treasure; discovered (*honorific*)
- **Tsochen:** wisdom goddess, or goddess of the great lakes (honorific)
- **Tulku:** reincarnated Lama; a title of affectionate respect, like Rinpoche; sometimes given to teachers who are not tulkus (*honorific*)

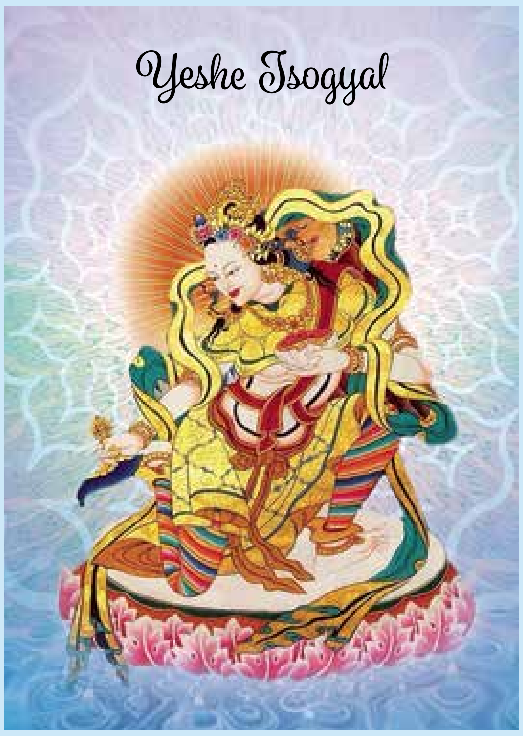
Emanation versus Incarnation

An emanation is a duplicate of its original. The mind stream of the Dalai Lama, for example, is believed to be an emanation of Chenrezig, the Buddha of compassion.

An incarnation on the other hand is the continuity of a mind stream from previous lives in current life. For example, the 14th Dalai Lama who is an emanation of Chenrezig is currently in his 14th incarnation in human form.

Traktung Rinpoche is believed by some to be the reincarnation of Do Khyentse Yeshe Dorje, a Tibetan mystic who lived in the 19th century, who was in turn an emanation of Dorje Trollo, who lived in the 8th century. (Dorje Trollo is alternately spelled Dorje Drölö and is also known as Padmasambhava, and Guru Rinpoche, Subduer of Demons.)





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> She's an amazing, beautiful woman with profound wisdom. Our teacher called *her* Rinpoche. Normally women aren't given that title. None of this would be here without her. She's the heart and humanity of it. Katie's the person to whom people go when there is a problem, a dispute, a miscalculation. She is good at solving problems, be they technical or interpersonal. I am good at what I do — teaching methods and meditation, the philosophical view of our path — but in terms of making the community a beautiful place where people thrive, that's her forté.
>
> My teacher used to tell me that Katie was an emanation of Tara, the mother of the Buddhas, the embodiment of compassion in female form. Katie's like the mother of us all. Most people in the sangha say they feel she's like their mother. She brings something sacred to this community.
>
> The joke among the sangha is that one hour of talking with Katie is worth a year in psychotherapy. Khandro has helped couples in our sangha. We have a number of couples, now divorced, who remain here. Khandro helped them separate gracefully. She's the heart of the community. It's strong relationships between people that keep the community strong.
>
> Katie helps people avoid a "twinkie faceness," a falseness, the façade of spiritual serenity. She keeps us from becoming spiritual fakes. That's always the danger. Any spiritual practitioner who says he's never faced that danger is fooling himself and you.

At some point in our scattered conversations Tsochen Khandro mentioned that she feels a kinship with Michelle Duggar of the reality TV series *19 and Counting*. I had never seen this show and had no idea who Michelle Duggar was, so I watched a few episodes. I learned that Michelle Duggar is the Arkansas-based evangelical mother of nineteen biological children, two of whom were born during the course of the show's run. She is described as "compassionate, loving, giving, calm." She has home-schooled all her children. She never raises her voice. She is rarely rattled. She is pretty. As I mulled over these descriptions, I remembered that Tsochen Khandro had responded to my early request for an outline of her days by saying: "My most accurate job description would be 'mother of all beings.'"

Given the maternal role that Tsochen Khandro plays in the sangha, it makes sense that she would feel comparable to Michelle Duggar. The nurturance she offers is extensive. In addition to providing emotional support, she researches the farm areas that interest her and lends that practical knowledge to the farm workings. She helps in the dairy. She has become an expert on goats and contributes in a hands-on way to their care.

She also brings to bear the psychotherapeutic training she has had. That, along with her mediation skills, are indispensable in her weekly meetings with the seventeen business members who run the community's three enterprises: the creamery, bakery, and farm. They meet to discuss what and how they're doing, to consider what can be modified or improved, and to resolve any disputes that might have arisen. According to one member, "She brings balance and harmony to the community."

She also makes herself available beyond the space and time of those weekly meetings. She can be found in the art room, where she tackles various projects, or in the music studio, where she records sacred music. Or she is in other settings round about the farm. Sometimes, she teaches formally in the shrine room. Wherever she is, people come to her with questions. She offered examples:

- Where should we house so-and-so, who's coming to visit?
- Do you know of a sitter who might watch so-and-so's children?
- When should we place the food order for summer retreat?
- How can I help my child to stop being sneaky?
- Does this look like a tumor on my dog?
- I am fighting with my husband. May we speak to you?
- Can you look at this list and tell me if anything is missing?
- Could you proof and approve this ad?
- The Creamery drain is clogged. Will you come look at it?

Tsochen Khandro tries always to respond from a Dharma point of view. She helps others to approach life's challenges from that point of view, too. She sums up her approach to life with these words: "I wanted to know the end of suffering. And by following this path diligently over time, I know there *is* an end to suffering."

Among the additional things Tsochen Khandro does that Traktung Rinpoche so appreciates are (1) her careful editing of his writings, and (2) her raising their five-year-old grandson, Arlo, born to their teenage daughter, now 24 and currently completing her studies in Paris, France. Tsochen Khandro is comfortable with young

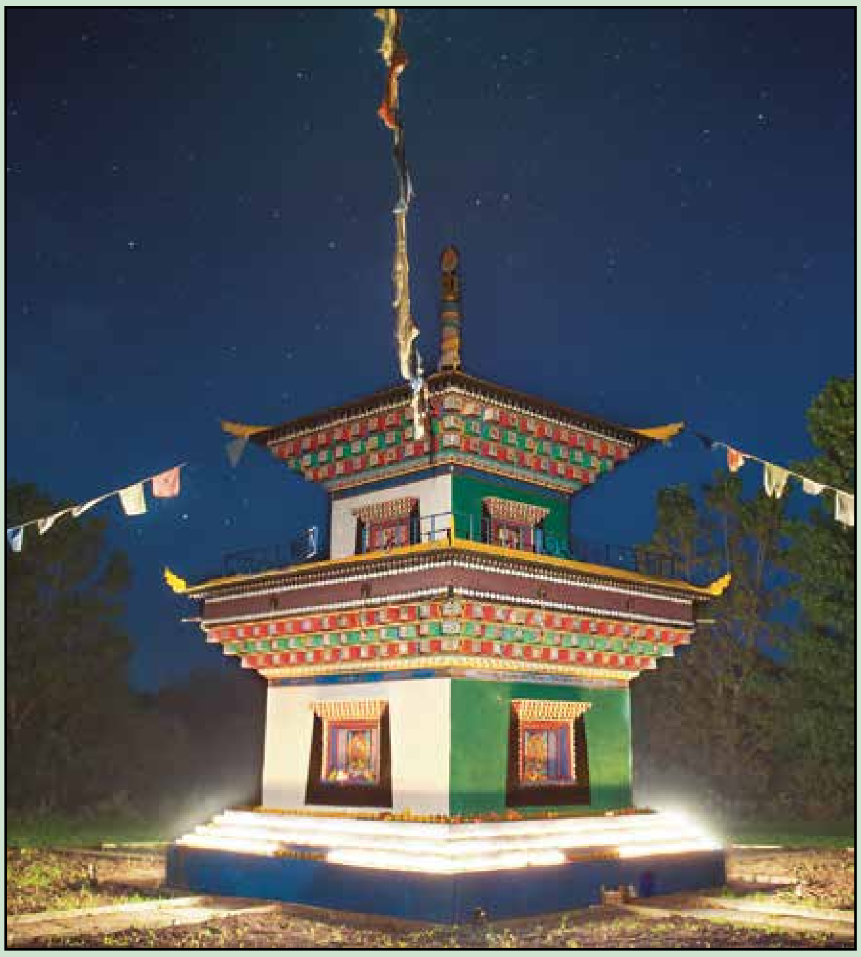
As Khandro led me back to the house, I asked to see the farm's trademark stupa (STOO-pah), an ornate edifice constructed by 40 community members under Traktung Rinpoche's supervision. The structure is 35-feet tall and weighs 100 tons. It is deemed a potent living symbol of the Buddha's mind.

The Stupa

It is a revelatory symbol of wisdom
and contains the energy of enlightenment.

To build a stupa, transmissions and ceremonies from a Buddhist teacher are necessary. The stupa is said to mirror the supple body of the human being, with its chakras and channels. In certain parts of the world, the stupa is mounded, or dome-shaped. Elsewhere, it follows different architectural dictates. Whatever the particular shape, the stupa is built around a central beam, or "tree of life." It is wrapped in cloths of five different colors, representing the five elements of the earth. The stupa also holds precious substances. These include sacred Tibetan texts and relics of great Buddhas and Siddhas. Tsogyelgar calls its sacred edifice the Dorje Trollo Stupa, named for a revered Lama. Inside the stupa are two boxes. One contains 1,700 sacred texts, brought here from Tibet. The other contains relics. The contents of these boxes represent over 2,500 years of spiritual tradition. It is a revelatory symbol of wisdom and contains the energy of enlightenment.

Meditation in the vicinity of the stupa is said
to strengthen the quality of one's practice.



If you want to see more photos from Tsogyelgar Dharma Center:
https://www.flickr.com/photos/40231092@N08/albums/with/72157622217438967

children and enjoys their company. She ran a preschool for several years. She considers it an honor to care for her grandson. "He helps me with the goats," she notes with a smile. A new granddaughter, Naomi Kate, was recently born.

Our first meeting lasted two hours. Tsochen Khandro's general description of life on the farm mirrored the words on White Lotus Farms' website:

> As Buddhist practitioners, we are motivated to bring beauty, truth, and goodness to our community through how we interact with our land, our animals, and each other. At the heart of everything we do is mindfulness and care, with a passion for quality and sustainability. Our farming practices are built on a model of true sustainability. We use innovative biodynamic and organic methods; our produce is USDA certified organic. We believe great produce starts with great soil, and strong focus on soil enrichment leads to food that is nutritious and flavorful. We are Buddhist practitioners dedicated to finding beautiful and virtuous ways of making our way in the world, plain and simple. Integrity, honesty, and authenticity are at the heart of our tradition and inform our relationships with customers, community, and the larger world.

During my guided tour, Tsochen Khandro showed me the outdoor stove that is used to create "biochar." When biochar, or burnt wood (it becomes a charcoal-like substance), is added to soil, two things happen. First, the soil's nutrient quotient is enhanced, and second, the retention of those nutrients is extended. In tandem with the University of Michigan's School of Engineering, White Lotus Farms will soon install a line from the stove to the hoop house, providing heat for the growing plants during winter. In the past, solar power heated the hoop house in winter. In the future, heat from the stove will prolong and enrich the winter growing season.

As I prepared to leave the farm, I admired the glow of mutual admiration in this couple. I mentioned this to Tsochen Khandro. Her response surprised me. "We're still human," she said. "I can get snarky." Still, they keep a remarkable equanimity, and they seem to be on the same page about most things. For instance, in addition to having given financial support to certain members of the farm, they also established a nonprofit foundation that founded, funded, and sustained an orphanage for girls in northern India.

Members of the community offer a much wider lens through which to examine Tsochen Khandro's role. Here is what some had to say.

The Herd Manager

Tammy grew up in a military family, mostly in California. She was taught to sacrifice for others, to "man up," to avoid living just for herself, to benefit by giving. This background shows when she said: "You can give so much more of yourself by being part of something bigger, something noble and good." For her, finding Buddhism was finding a path to live for the benefit of all beings. Tammy has lived in Ann Arbor for twenty years. She has had a presence at Tsogyelgar since it began, though has only lived here for the last five years. She stressed that she came to this farm because she is a student of Buddhism. She also loves animals. "If a goat starts kidding [giving birth] in the middle of the night when it's cold, it tests your mettle. You do whatever it takes."

> "Caring for milking mothers is a big job. We think of our does as Olympic athletes. They need a stress-free environment. We ask a lot of them — to give milk for ten months. So we give them the best. We don't cut corners."
>
> –Tammy, White Lotus Farms Herd Manager, on caring for the goats

Before becoming a farmer, she was a blacksmith. Some of her decorative metalsmithing adorns the farm. In college, she considered careers in both medicine and academia — until she realized that she favors outdoor work. Both farming and working with metal involve "wrangling with the elements." She is happy with her choice. "I work by myself. It's me and the animals. Interpersonal problems are minimal, if at all. We have farm meetings once a week, when we put our heads together. Khandro is unbelievably skillful in untangling stuff between people."

For Tammy, as for her colleagues, working in a community that nourishes both body and spirit helps to dispel many of life's conundrums. The chores, however taxing, are a labor of love.

> I take care of the goats and the dairy. The goats get milked twice a day at the milking parlor. Our herd is made up of mothers and children, which is fun. Caring for milking mothers is a big job. We think of our does as Olympic athletes. They need a stress-free environment. We ask a lot of them — to give milk for ten months. So we give them the best. We don't cut corners. A good part of our work is the kidding in March, April, and May. Khandro is a big part of that. In fact, she is a huge inspiration for me in all of this. We have fifty mothers, and we expect about ninety kids this spring.

Continued on page 70

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–aileen kim

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(former St. Joe's building), 400 W. Russell St.
Contact: Paulette Grotrian, mindfulnesswithpaulette@gmail.com

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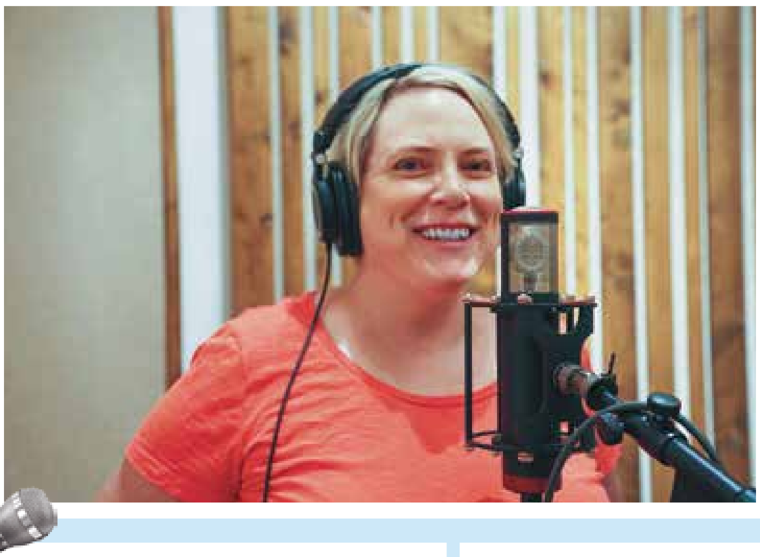
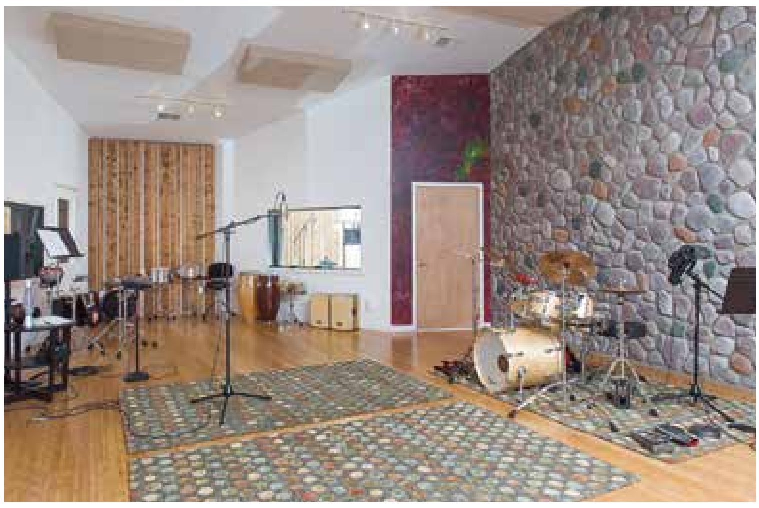
"My most accurate job description would be 'mother of all beings.'"

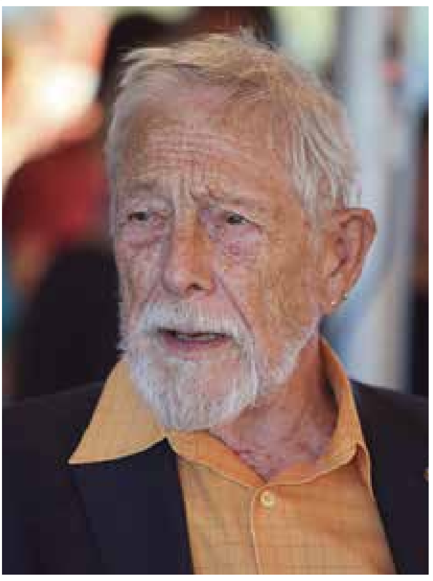
–Tsochen Khandro

To be a "member" means to be among the student/practitioners who gather for classes, retreats, and sundry celebrations. Khandro described the community as something akin to "a monastery or a Jesuit school."

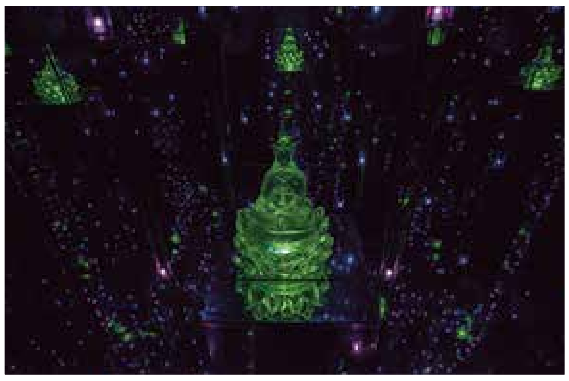
The recording studio is used to record ritual and meditation music at Tsogyelgar, and it is the studio for *Just a Tourist*, a band started by some folks there. For more info on the studio, which was built in 2011 by John H. Brandt, visit:
tsogyelgar.org/dzam-music
tsogyelgar.org/justatourist







There were over 500 people in attendance at the Gary Snyder reading, which was for *One Pause Poetry*, which is part of Tsogyelgar, in partnership with the LSA Zell Visiting Poets Series at U of M.



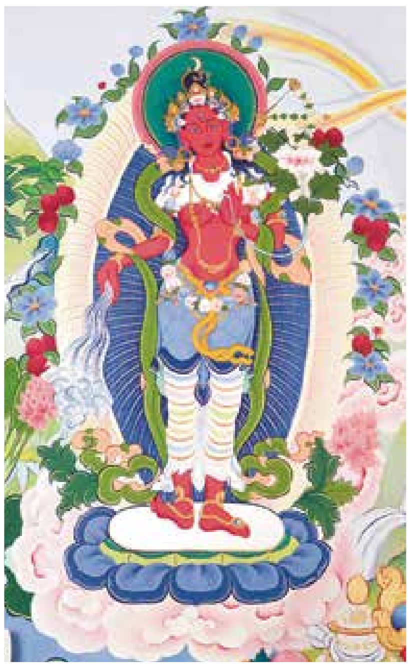
Mirror House

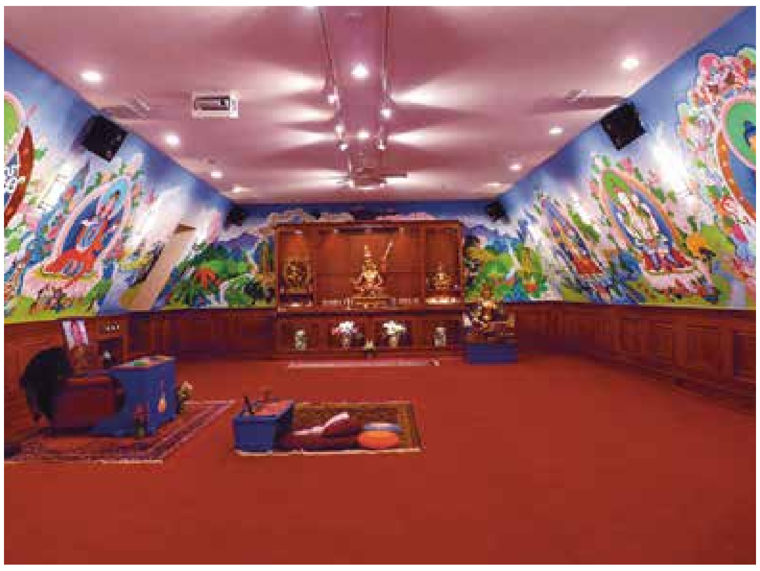
The alchemical chamber draws the MindHeart into natural contemplation. An octagonal room, mirrored on all sides, with a single Buddha statue and LED lights creates infinite Buddhas and infinite lights expanding though infinite space — all within a small room.

Anna, Kat, Tsochen Khandro, Traktung Rinpoche, Priya, Tashi & Jess sitting at the Mirror House of Fa-tsang

Statue in the Mirror House of Fa-tsang

Goddess Tara Shrine, built in 2011





Tsogyelgar shrine room, which contains the largest tantric murals in North America created by B. Love (Rob Davis) and Traktung Rinpoche. For more detail, visit: tsogyelgar.org/art-galleries/2016/1/7/the-shrine-room-at-tsogyelgar

At the Heart of Everything is Dharma

Tsochen Khandro and Traktung Rinpoche with some of their second generation students

"Our community is small because those who study with us have to be like the Navy Seals of Buddhism. Students here begin and end their days with meditation practice. Normally, they do two or three hours of practice a day. On retreat, they practice eight to ten hours a day. We all put Dharma at the center of our lives."
–Tsochen Khandro

Continued from page 67

> During kidding, when we have problems, she can troubleshoot. Sometimes babies have trouble coming out. Khandro knows what to do. She spends a lot of time researching. She knows goat anatomy and physiology, and she loves animals. She also blesses each baby goat after it's born. She doesn't make a production over it, and if you're not watching, you won't see it. But that's huge to me, to have her bless each baby goat. The heart of my job is caring for the animals, not just tending. Her blessing is priceless.
>
> I also am in charge of the chickens and ducks. They don't need my attention as goats do, but I love the poultry. We have 125 chickens. Our poultry are all free-range, but we need to keep an eye out to make sure the environment stays safe. Often they're scrounging around under the trees. It's moister there. They find worms and grubs. When there's lots of insect activity — in warm weather — they go after the insects. In summer, when there's lots of sunlight, we get ten to twelve dozen eggs per day. In colder seasons, when there's less light, we collect fewer eggs. We were down to one and a half dozen per day last January.
>
> Our chickens squawk — as do the ducks. That's a good sign. They communicate. Many animals live lives of stress. They don't see humans as helpful or caring. But here, we're affectionate, and so are they. Their responsiveness is part of the beauty of the human-animal relationship. Temple Grandin and others in livestock will say that herd animals in distress from predators do the stiff upper lip thing, because that's a survival skill. Ours are happy animals. Where animals are produced on a large scale, this is not the case.
>
> Our goats are largely female. After kidding, all the boys are sold. Most of the others will be sold, too — as pets and companion animals. People who buy goats and chickens usually have a couple of acres. We have Nigerian Dwarf goats, about the size of Labradors. Children love them. We sell to families looking for pets — to help teach their children responsibility. People come to the farm to buy a goat, and it's like picking out a puppy. We never sell a single goat to people. We sell pairs. Goats are herd animals. They need connection. Our babies are super friendly and sweet, because we bottle feed them. People take them home in their own trucks. Our babies are used to people; they'll fall asleep in your lap. It's usually an easy adjustment when they go home with a family.

Tammy now teaches a free goat-care class once a month. She enjoys it. Tsochen Khandro initiated the idea, and the class is now part of the farm's educational program. The farm holds many events for children, families, and adults. There are tours, art projects, poetry readings, and games on market weekends.

The Estate Manager

B. Love, formerly known as Rob Davis, is the estate manager. "B. Love" is his Dharma name, given to him by Traktung Rinpoche. B. Love defines his job as "essentially the grounds-keeper and gardener." He also takes care of produce and helps display much of the community's ritual and fine art. He trained at the Art Institute of Chicago and worked at several museums, including the Metropolitan Museum in New York City, where he spent thirteen years. (The sublime Buddhist murals he painted at White Lotus Farms were featured in CW Issue 50, Spring 2012, in the article, "*Drawing the Buddha's Sublime Form — Buddhist Artist Rob Davis on Internalizing the Image of the Buddha in Tantric Art*.")

"I am deeply grateful for the depth, simplicity, and richness of the life here."
–B. Love

He attributes to Tsochen Khandro much of the satisfaction he gets in living at White Lotus Farms. He sent me this explanation:

> Khandro works with all of us who live on the gar and work in the businesses. She meets with us every week during the main season. The mindfulness we aspire to in our labor includes our interaction, service, care, and kindness to every being we are with. Khandro works with us with incredible insight and clarity. I spent years in therapy. If I have a problem with someone here, we can have one meeting with Khandro and suddenly the problem is understood and dealt with in a way that is inconceivably swift and simple. It is Her Great Skill. She does this with all of us. She teaches Dharma formally, but she really teaches us by demonstrating what in Mahayana is called the Six Paramitas. Her equanimity in all situations is always surprising and transformative. Rinpoche has said numerous times that this community only exists — and in the way it does — because of Khandro.
>
> The goal we have here is not just to support ourselves, but to be productive — while serving beings with wisdom and kindness. After thirty years in the work force, all I can say is that Khandro has made White Lotus Farms not only the most extraordinarily productive place I have ever worked, but the most rewarding and joyful. It is easy to believe in Buddhist principles of self-awareness and mind training, but it is nearly impossible to just stop and be mindful, on your own. It is the reason we are very teacher-focused in Vajrayana. They teach us the concepts, but they create circumstances and demonstrate ways in which mindfulness can be applied at the level of being; they show the grace of it. Khandro truly makes this possible. Here, there is a tremendous amount of joy and humor — even in dealing with difficulties.
>
> It should also be mentioned that in our practice we all use the sacred music that Khandro records. Much of the interior design and Feng Shui that these buildings have come from her aesthetic touch. There is an elegance in everything she does. She transmits something very intangible — about compassion and wisdom. I am deeply grateful for the depth, simplicity, and richness of the life here.
>
> Khandro, by the way, also has a fun, quirky side. We have lip sync battles, and Khandro will often do Justin Bieber. She even dresses up like him. She does his songs perfectly. And we play a lot of board games — especially after group dinners or on holidays. She loves to win, but she also seems really happy when other people win. And sometimes she gets an accent going! I've heard her sustain a Russian accent for a week. The playfulness here is amazing! She's always learning new things, too. Recently she's been painting and playing the tabla drums.

Several people from outside the community also contributed their thoughts on Tsochen Khandro. At the request of these long-standing friends of hers, their testimonials will remain pseudonymous.

"They teach us the concepts, but they create circumstances and demonstrate ways in which mindfulness can be applied at the level of being; they show the grace of it. Khandro truly makes this possible. Here, there is a tremendous amount of joy and humor — even in dealing with difficulties."
–B. Love

Jack offered this: "Katie and Traktung have created an exceptional meditation community. Their inventiveness and originality and their unique perspectives are matched by their devotion to the community. Intellectually, Traktung is quite a force."

Leah speaks fondly of Tsochen Khandro, though they have not seen each other in a couple of years. "I've always loved Katie's candor and humor — particularly as it relates to her family and children. She's one of the most honest people I know. She's open and sharing, with depth and capacity." Tsochen Khandro and Leah each attended the birth of the other's first child. Leah also speaks fondly of the "sacred dancing evenings" that Tsochen Khandro and Traktung Rinpoche held, often at the Friends Meeting House on Hill Street. Those events no longer happen, at least not for the public, but both Jack and Leah remembered how "wonderful" those dancing sessions were.

For the dancing sessions, four or five members of the Tsogyelgar community would play music, and 20 to 45 people would dance. There was eye contact and lots of connecting with people. Asked to describe the dances, they explained that it was like Sufi dancing. It combined chanting with body movement, sometimes slow, sometimes fast, but always in motion. Someone would introduce the dance, explain and demonstrate the movement, and everyone would learn it together. They moved slowly until people had it: turn, bow, arms up, arms down. It might take five or six minutes for everyone to have learned it. Then the music would begin, the instructions cease, and the dance was underway. "It was a natural high. It was heart-opening."

Continued on page 72

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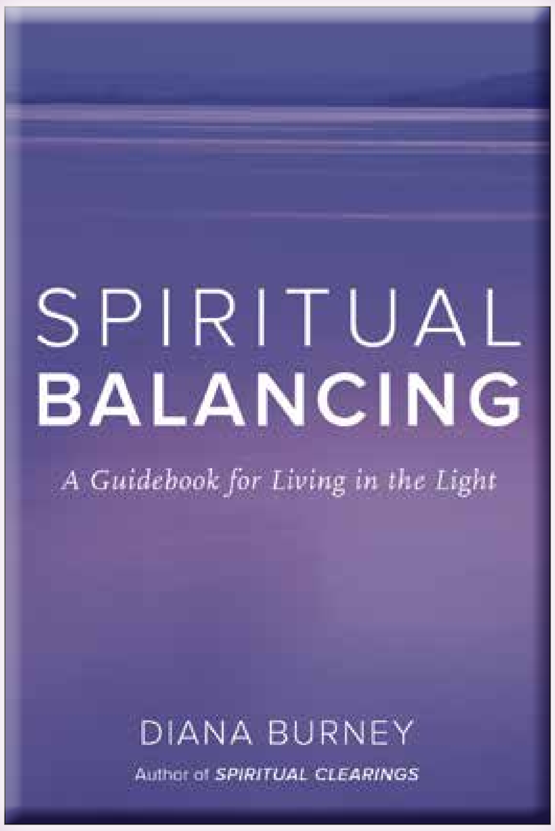
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Diana Burney is a registered nurse, certified hypnotherapist, and ordained minister of the Order of Melchizedek from the Sanctuary of the Beloved in Conesus, New York. She is also a certified Reiki Master/Teacher as well as a Magnified Healing Practitioner.

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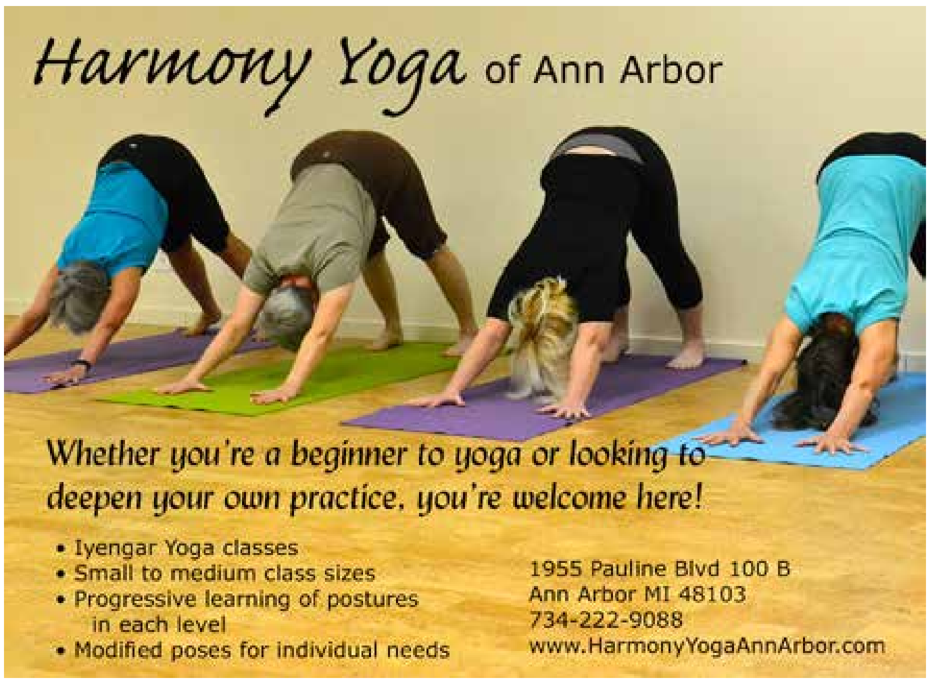
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At the Heart of Everything is Dharma

Tsochen Khandro and her grandson, Arlo

"Khandro, by the way, also has a fun, quirky side. We have lip sync battles, and Khandro will often do Justin Bieber. She even dresses up like him. She does his songs perfectly." - B. Love

Continued from page

It is clear that this community of Buddhist practitioners is earnest, devoted, and determined to live according to the path they chose. It's not easy. Tsochen Khandro describes it this way:

> Our community is small because those who study with us have to be like the Navy Seals of Buddhism. Students here begin and end their days with meditation practice. Normally, they do two or three hours of practice a day. On retreat, they practice eight to ten hours a day. We all put Dharma at the center of our lives.
>
> For decades of my life, while raising young children, I awoke at five a.m. so I could practice before they were awake. And I practiced as soon as they went to bed. I went on a solitary retreat every year for a month once my first daughter reached the age of five. I had no contact with the world, including my family. We had an agreement that I would not be contacted unless my daughter was hospitalized and needed me. But if any member of my family were to die, I would not learn about this until coming out of retreat. I had to let go of everything to go into retreat, not knowing if it would still be there when I came out. This was very good for my practice.

All this is impressive, even laudable. But I was still confounded by some of what I heard. Initially, for instance, when I asked Tsochen Khandro about her life's daily routine, she responded: "Well, let's start with *this* life." Her husband is understood to be Traktung Rinpoche Yeshe Dorje, the self-proclaimed reincarnation of Do Khyentse Yeshe Dorje, a Tibetan mystic who lived in the 19th century. When I asked her whether she believes this to be true, she grew impatient. "He is the most brilliant, fascinating, fiery, passionate person I know."

She added, "He can be confrontational, but he is loving." She then explained that the function of a Bhakti oriented master is to seek the truth and interfere with patterns of delusion, adding, "And he plays whack-a-mole with delusion," meaning he directly confronts people who dabble in denial or any other form of self-deception.

I told her that I had gone back and read a previous interview with her and her husband (in a 1998 issue of the *Crazy Wisdom Journal*, available at this link bit.ly/crazywisdomInterview1998 at the *Crazy Wisdom Journal* archive). The interview included their comments about having studied with the Indian guru Rajneesh (now more than 25 years ago). I mentioned to her that I'd read about his scandalous sexual behavior at his Oregon commune and that he was wanted by the Indian government for unpaid back taxes. Tsochen Khandro wasn't keen on having me rehash these issues first raised in an interview 18 years ago, an interview which is now almost like ancient history. "Osho [Rajneesh] had a mischievous sense of humor," she said, dismissively. "The sex stories were overstated and simply wrong." When I ask about the stories that swirled about him — that he didn't pay taxes in India or in the U.S., that he was a womanizer, that he lived in the lap of luxury while his sycophants worked themselves to the bone for him, that he was deported — she said: "Gossip and rumors. People didn't understand. And it's not about defending Rajneesh, though it's true that I will not say anything bad about him as I still love and respect him. It makes no difference to me what people think of him."

Yet one needs only to Google "Rajneesh" to find published stories of his sexual abuse of students. His reputation suffered. He was, eventually, deported from the U.S. for non-payment of taxes. I was struck by how she seemed to be somewhat of an apologist for him, but my views were expanded after I met again with Traktung Rinpoche.

Crazy Wisdom: "a teacher who doesn't always act within the boundaries of social appropriateness to create circumstances in which other people can grow."

Soon after that meeting, when I arrived at the farm to speak with him, he raised the issue of strange behavior, referring obliquely to my previous inquiry regarding Osho. In doing so, he went on to teach me about the Buddhist meaning of "Crazy Wisdom." The term refers to "a teacher who doesn't always act within the boundaries of social appropriateness." Certain teachers will behave in ways that seem crazy to protect and teach their students. Teachers, said Traktung Rinpoche, create circumstances in which other people can grow. This is called "the poetry of circumstance." Such pedagogy can be uncomfortable, but provocative acts can promote wisdom. Traktung Rinpoche offered two classic examples of crazy wise teachers (crazy wisdom).

1. A sage walks down a street and sees a man sleeping under a tree. He watches a poisonous spider enter the sleeping man's mouth. Instead of nudging the man awake and telling him about the spider, risking the chance that it might bite or be swallowed in the process, the sage startles the man awake and shoves his finger down his throat. The man throws up. When he sees the spider in his vomit, he understands that the sage just saved his life.
2. A Dharma teacher is asked by a student what it takes to achieve enlightenment. The teacher grabs him, drags him outside to a well, holds his head under water, and just as the student is about to pass out, the teacher pulls him out. The teacher then asks him what he thought when she grabbed him and pushed him into the water. He responds: "I thought you were crazy. Then I stopped thinking; I just wanted to get out." The teacher says: "When you want enlightenment as much as you wanted to breathe, that's when you will achieve it."

Tacitly referencing Osho again, Traktung Rinpoche acknowledged that womanizing is never acceptable. But he pointed out that sometimes, for a higher purpose, strange, mind-bending, disturbing, and even brutal measures must be taken to lead a person to enlightenment — or to save that person from danger.

My conversations with Tsochen Khandro, and later with Traktung Rinpoche, were lively, warm, and wide-ranging. Each is charming, knowledgeable, and engaging. They can hold forth at length, but each is equally interested in listening. They speak without inhibition about paranormal events in their lives, but these experiences are very real to them. They have consequences. Tsochen Khandro's childhood certainty, for instance, that she was destined to meet a certain someone who would be her life-changing soul mate, really happened. She also talks about "Dream Yoga," a familiar experience for her, and a tantric experience. It is a trance-like state of being, in which one is conscious of dreaming even while asleep and dreaming. In "Tibetan Dream Yoga," nothing harmful can happen, and fear is erased, as long as one recognizes that this is a dream. In dream yoga, fire won't burn; the dreamer can control it.

For Tsochen Khandro, dreams of this nature remain powerful symbols of what she must do and when. She also has a sixth sense about people, a quality that is confirmed by those who work with her. It may sound odd to speak of disputes in a Buddhist community whose spiritual quest is inner peace and interpersonal harmony, but even Buddhists are mortal. Being human means we make mistakes, misconstrue, miscommunicate, and otherwise lay the groundwork for quarrels, however much we may abhor that state of being.

Traktung Rinpoche calls himself an empiricist. "I believe in verifying through empirical experience," he said. "I never believe without checking." That applies even to everyday science. "I don't have to believe water boils at a certain temperature, I can test it on the stove."

Asked how he knew he was the reincarnation of Do Khyentse Yeshe Dorje, Traktung Rinpoche described the memories that confirmed this. He has memories from a time when he was "a nomad, a farmer with sheep. I remember chanting, the sounds of bells."

When he was twelve, his parents thought they should read the New Testament to their three sons. They read for two nights. On the third night, Stuart, the youngest, took it to his room and read it thirteen times.

He became interested in religion at an early age. He begged his parents to take him to church. They wouldn't. So his grandmother did. She was a Southern Baptist. Her grandson listened to a hellfire sermon that alienated him. He felt religion, he said, but he never went back to church after that. When he was twelve, his parents thought they should read the New Testament to their three sons. They read for two nights. On the third night, Stuart, the youngest, took it to his room and read it thirteen times.

> I thought: this Jesus is everything I'm feeling. He was a life of pure love and giving, self-sacrifice for truth and love. He forgave the people who killed him! This was my dream — to be like that.

Years later, Traktung Rinpoche's Buddhist friend, Lama Yonton, met him when he came to him from Tibet; his wife had seen a picture of Traktung Rinpoche in a published article and said, "I have to go see this man." She remembered being Traktung Rinpoche's student in a former life. So they came. They spent three months. At dinner the first night, Lama Yonton looked across the table and told Traktung Rinpoche: "I remember you, too. We were both reincarnated as children of the same person." Traktung Rinpoche was impressed. "He was my older brother in a former life," he told me. "I always wondered whether my 'daydreams' were real."

There are more such stories. Lama Yonton was looking for a certain castle in a remote area of Tibet. It was the castle of a famous historical figure. Traktung Rinpoche told him where to find it. "I'd remembered this place — from several hundred years ago." Traktung Rinpoche said that his directions proved accurate.

Traktung Rinpoche spent a great deal of time rendering sacred Tibetan Buddhist writings into English — even though he does not speak the language. He worked with a translator. He wanted to find a certain section. His translator couldn't find it. After telling her to check the middle of the text and look for a section called "Flames of Lapis Lazuli," she found it. "How did you know?" she asked him. "Because I wrote it!" he replied.

He now takes these experiences in stride, having grown accustomed to his own and others' shock. "Over time," he said, "when enough of these things occur, you begin to believe it really happened. The other possible explanation is that I'm part of a living myth, in a Jungian sense — a keeper of the collective unconscious."

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See page 74 for a little bit more on White Lotus Farms.

"I wanted to know the end of suffering. And by following this path diligently over time, I know there is an end to suffering."
–Tsochen Khandro

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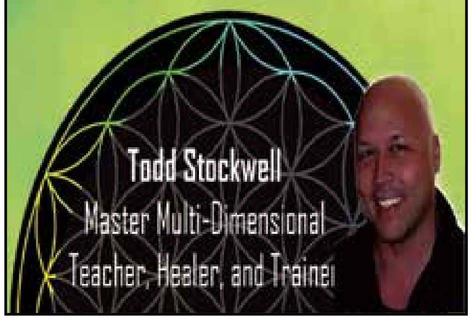

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We also distribute to the offices of dozens of doctors, holistic health care providers and therapists.

If you'd like us to bring copies of The CW Community Journal to your office, studio or center, please call us at 734-665-2757 or email: julianne@crazywisdom.net.

A Little Bit More About White Lotus Farms

White Lotus
F·A·R·M·S
ERTY ROAD, ANN ARBOR, MI

White Lotus has a herd of Nigerian Dwarf goats that draw many visitors to the farm and have become the face of their marketing.

"How come their products are so good?"

- White Lotus Farms has been in business for six years.
- It really took off about three years ago when local chefs started taking notice.
- Their small staff of around twenty aren't traditionally trained farmers.
- Many have learned their trade through informal education and through volunteering each year.
- Despite their non-traditional agricultural path, White Lotus' yield increases each year, and the quality keeps getting better, too.
- White Lotus is a fully-functioning farm in all respects, but this is not farming for farming's sake or farming for a paycheck; dharma is the bottom line. "Our main intention is really our spiritual path and to grow and be of service to the community," said farm manager Jessica Snyder.

White Lotus sells a variety of goat cheeses, chèvre, butter, croissants, and several types of bread including a hearty five-grain and a classic French *levain*.

They currently sell their products in 12 retail stores and 13 restaurants, including Roos Roast, Jolly Pumpkin Cafe and Brewery, Argus Farm Stop, Sparrow Market, and The Ravens Club.

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Starting September 15, new blogs will be posted related to stories in this issue.
Guest bloggers include: Tsochen Khandro, John Churchville,
Mary Light, Idelle Hammond-Sass, Allison Mitchinson,
Catherine Fischer, Erica Bertram, and more . . .

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The Crazy Wisdom Kids Section

Book & Media Reviews – Great Kids Books & CDs available at Crazy Wisdom in our Children's Section

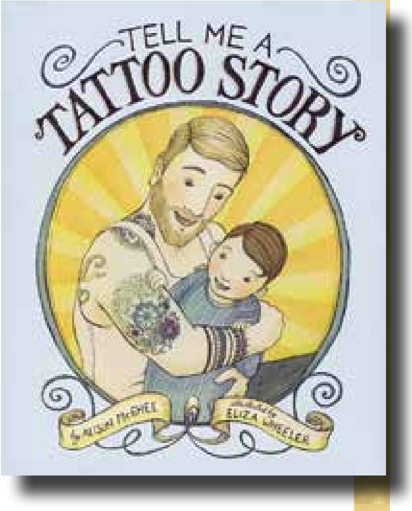
Crazy Wisdom Kids

By Sarah Newland, Waldorf parent of two children, ages 10 and 17

Here is the World: A Year of Jewish Holidays
By Leslea Newman and Susan Gal
This is a joyous celebration for young children of Jewish holidays through the year. Beginning with the weekly observance of Shabbat, readers join a family in celebrating the holidays and the corresponding seasons. The joy and significance of each holiday beautifully come to life, and are accompanied by an appropriate craft or recipe.
$18.95

HERE IS THE WORLD
Lesléa Newman
Susan Gal

Tell Me A Tattoo Story
By Alison McGhee and Eliza Wheeler
A father tells his young son the story behind each of his tattoos. There's one from a favorite book his mother used to read to him, one from something his father used to tell him, and one from the longest trip he ever took. In this beautiful conversation between parent and child, some very special tattoos illustrate an ode to all that's indelible – ink and love.
$16.99



Angels at Bedtime
By Karen Wallace, Lou Kuenzler, Katy Moran, and Anne Civardi
Angels have the power to guide and protect us throughout our daily life, and this collection of bedtime stories introduce their loving energy to your children. They are tales of love, guidance, and support for you to read with your child to comfort, calm, and heal. Including a range of themes, it also offers a gentle introduction to the techniques of meditation and visualization.
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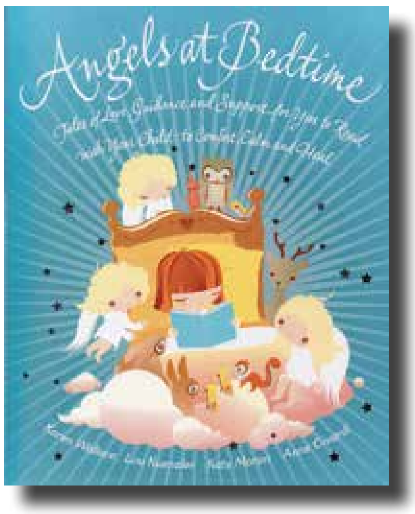

Stars: A Family Guide to the Night Sky
By Adam Ford
Explore the cosmos from your own backyard! *Stars* offers a straightforward guide to what we know and how we know it – from the Big Bang to star nurseries to the beginnings of life on Planet Earth. Find out why you can't draw a diagram of the solar system to scale, discover how gravity holds our planet together, and learn why we're all made of stardust.
$16.95

STARS
A family guide to THE NIGHT SKY

Username: Evie
By Joe Sugg
Like anyone who feels they don't fit it, Evie dreams of a safe place. When times are tough, all she wants is a chance to escape from reality and be herself. Unknown to her, her loving father has been working to create a virtual world where she can get away, and life as she knows it is about to change forever. Could this be the perfect world Evie has longed for, or does her hardest journey lie ahead? Graphic novel format.
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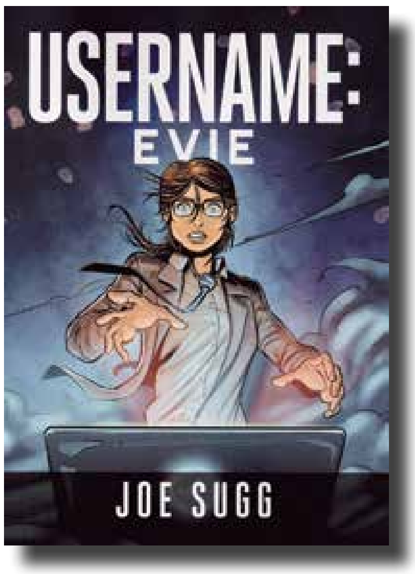

Craft Camp: Over 40 Fun Projects for Kids
By Lark Crafts
You'll find so many awesome things to do with over 40 step-by-step projects. With a little help from an adult, upcycle egg cartons and turn them into an eye-catching flower mobile, create a mini galaxy on a t-shirt with fabric spray paint, macramé a cool bracelet, sew a cute felt owl friend, and turn tin cans into handy pencil organizers. And learn some handy, crafty skills along the way.
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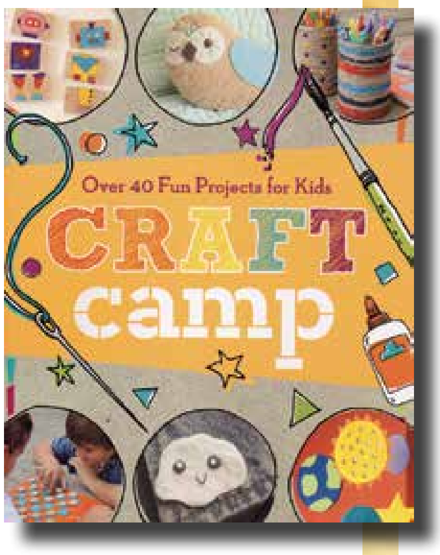

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Health and Healing Meditations for Children
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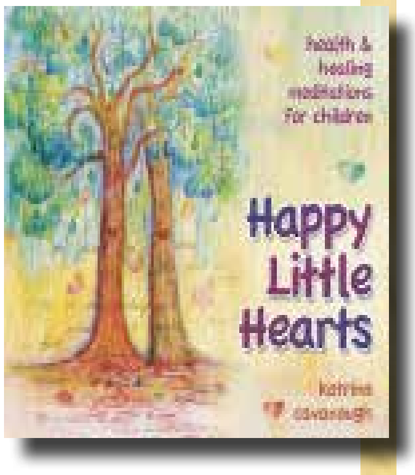

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- Dr. Seuss

Outside Together

How Family Nature Experiences Support Conscious Parenting

By Lynn Baldwin

I've always found nature to be both energizing and restorative. Year-round, especially when the sun is shining, there's no place I'd rather be than outside. When I'm walking in the woods, kayaking, biking, or engaged in another outdoor activity, I feel alive and present in a way I often don't while indoors. There's nothing like disconnecting from technology and breathing fresh air to remind me of what's truly important.

As a mother, I want my son to share my appreciation of nature. That's why I started exposing him to the joys of the great outdoors at a young age. When he was just a few days old, I bundled up my baby, covered his face with a big hat, and lay him on top of me in a hammock under a shady tree. Now, seven years later, our outdoor time has become more active and has expanded to include my husband. Today, being together in nature as a family is just "what we do." Outdoor family adventures are fun, healthy, and sync up with our parental goal of raising a child who we hope will one day be a mindful and caring adult.

When I'm walking in the woods, kayaking, biking, or engaged in another outdoor activity, I feel alive and present in a way I often don't while indoors. There's nothing like disconnecting from technology and breathing fresh air to remind me of what's truly important.

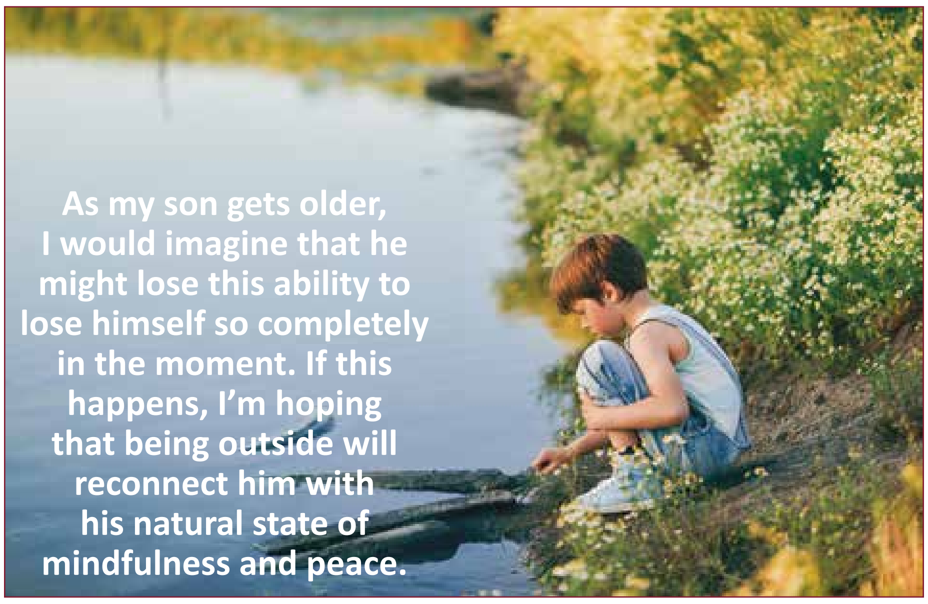
Family nature experiences support conscious parenting by helping us to…

Be aware and present.

My family is fortunate to live close to nature, with both a creek and a small wooden area on our property. There's nothing like sitting on our deck surrounded by nature, taking in the sights and sounds of birds flitting from tree to tree, squirrels scampering, tree frogs croaking… even deer traipsing through our yard. Just sitting back and noticing all of the wildlife that envelops us makes my family slow down and focus, rather than worrying about projects we haven't finished or deadlines awaiting us.

In and around Ann Arbor, we benefit from a multitude of green spaces that make it easy for families to experience nature. When families turn away from their screens and enjoy a park, the woods, or the river, they feel more connected — to each other and to the environment. There's something special about sharing simple moments of profound beauty: the cardinal nesting in a tree, the family of geese gliding by, the wide-eyed deer startled mid-dinner. Paying attention to the sights and sounds of nature helps us be more mindful in the rest of our lives.

Spending time together in nature provides a forum for discussing how the irresponsible actions of one person can have negative repercussions on many other beings. Inversely, children learn that one person armed with a trash bag and garden gloves can make a difference.



As my son gets older, I would imagine that he might lose this ability to lose himself so completely in the moment. If this happens, I'm hoping that being outside will reconnect him with his natural state of mindfulness and peace.

Discover the joy of exploring.

It's no secret that many of today's kids are overscheduled with school, sports, and other activities that often leave little time for exploration. Even though I try to limit my son's extracurricular activities, I see that he sometimes doesn't have as much time as he'd like to simply follow his interests, wherever they might lead him. Family nature walks give him much-needed meandering time. When hiking as a family, we often let my son serve as leader, deciding on our route and where we should stop.

So, I find myself taking narrow paths that seem to lead nowhere, but turn out to reveal hidden beauty. I watch fall leaves float on the river; I notice the clouds that look like dinosaurs; I marvel at the way the snow shimmers. I find myself slowing down and enjoying the journey, rather than being so worried about getting to the destination in a timely manner. As my son gets older, I would imagine that he might lose this ability to lose himself so completely in the moment. If this happens, I'm hoping that being outside will reconnect him with his natural state of mindfulness and peace.

Teach how to protect the planet.

As parents, we most effectively teach our kids by modeling the behaviors we'd like them to exhibit, and inviting them to share in these behaviors in age-appropriate ways. That's why my son is already a budding environmentalist. Our family often heads to the woods near our house with trash bags to pick up the food wrappers, beer bottles, and other litter that others carelessly leave behind. When we're on the water, we discuss how the trash we see strewn about harms the river's inhabitants.

Spending time together in nature provides a forum for discussing how the irresponsible actions of one person can have negative repercussions on many other beings. Inversely, children learn that one person armed with a trash bag and garden gloves can make a difference. When children spend time enjoying nature and marveling at its beauty, they are more likely to help take care of our planet so that their children can also enjoy nature.

Find peace and tranquility.

When he's having a crabby day, my son's first response to our idea of an outdoor adventure is always a resounding "no." My husband and I have learned not to listen. Time and time again, we've found that whatever was bothering my son melts away as soon as we get outside. We're always amazed that the boy who was "too tired to hike" is suddenly skipping through the woods, pointing out plants and bird calls along the way. When we return after our nature experience, we're all in a better mood.

Nature has the unique ability to make us feel both peaceful and energized, which is exactly what I want for my family.

Conscious parenting is about making deliberate choices about how we live our lives, how we parent, how we interact with others. Making the decision to spend time together in nature is a deliberate choice with a myriad of benefits for our children, our families, our community and our planet.

Lynn Baldwin is a freelance and children's book writer. More information at www.lynnbaldwinbooks.com.

Beyond Baby Boot Camp ~ Five Essential Tips For New Dads

By Catherine Fischer

Dads are so great. You play, you provide, you nurture, you support. Dads often find that they love their children more than they ever thought it was possible to love. And yet, I think it's safe to say that most new fathers are in for a shock. No matter how ready you try to be, you are likely to feel overwhelmed and lost in this new territory of parenting. Tensions with partners often flare during the early years of parenthood as well. Even when a man wants to be a respectful, equal partner in the relationship and in parenting. Even when the relationship is strong and committed and wasn't overly stressed before the baby came.

Becoming a father launches men into a new world where emotions and relationships are prioritized in ways they usually haven't been prepared for. It's not any new father's fault, but understanding this can help men to develop the skills to survive and flourish as a parent.

Most of us have a pretty good idea about how society impacts the emotional and relational realm of our boys long before they become fathers. But we can be surprised by how it impacts each man who becomes a father. Felix Paulick, an Ann Arbor psychotherapist who works with men, described the effect of traditional male gender roles on new fathers in an interview last May:

> Very broadly speaking, men in our culture are taught from a very young age not to experience emotions. "Be tough, don't cry, be strong." Men are taught to be very logical, men are taught to focus on financial issues, practical issues. So there's this whole other world that a lot of men are not exposed to: the emotional world, the relational world. These are the skills that are required of men when they enter this new phase in their lives. They have to understand their wife in a new way, they have to understand their children as they become older.

Here are some suggestions, based on over a decade of experience as a doula and parent support group leader, to help new fathers adjust to the tremendous changes that come with having a baby.

#1 Understand that there is an Emotional Storm to Weather

First of all, both parents need to keep in mind that raising children was never meant to be done by just one or two people. Parents often become divided because of the pervasive myth that the work of parenting can and should be done well by one or two parents on their own without help. When parents don't know, or aren't remembering, that the work of parenting is more than two people can do on their own without support, it can feel as if there's not much else to do but blame our partners for not doing their share. But even after each parent has given 110% the work still won't be finished, and there will still be children needing your attention, jobs to perform, meals to prepare, and laundry to fold.

No matter how smooth or rough your transition to fatherhood is, you will benefit from connecting with other fathers. Now you are in a club you may not have known existed before.

Becoming a father launches men into a new world where emotions and relationships are prioritized in ways they usually haven't been prepared for. It's not any new father's fault, but understanding this can help men to develop the skills to survive and flourish as a parent.

Whether same-sex or heterosexual, every couple with a new child faces what Paulick describes as "the challenge of having to renegotiate everything in the relationship." Paulick highlights for couples that "now that there's this stress, and things are changing, the default we go to is to fight with our partners."

When tensions flare because it's time to get up in the night again with a baby or young child, when the house is a mess, or when it's time to decide—again—who will give up their plans or take time off work to meet the demands of parenting, it will help if you can remember that it's neither your child's or your partner's fault, nor your fault (even though it can absolutely *feel* to parents that one or more of these things are true.) Whether you reach out for and accept help from family members, friends and neighbors, hire a postpartum doula, or push through on your own, keep in mind that as parents in the United States, you are almost certainly parenting without enough support.

Whatever balance you had in your lives before the baby is likely to be completely undone. However you divided the work, however you enjoyed time together and separately, it all changes. Although you probably knew it would, there was no way to prepare for how it would feel. Additionally, every family faces their own unique challenges. Sometimes breastfeeding is hard. Sometimes babies need to spend extra time in the hospital, or there are complications in the mother's physical recovery from the birth. Sometimes family and visitors are stressful rather than helpful. Sometimes one or both parents are dealing with depression, or there are chronic health issues to deal with for one or both parents. The list goes on. I've witnessed many families where the couple felt like best friends before the birth, but the challenges of being new parents caused intense conflicts to arise between them.

Parenting with your partner will mean taking teamwork to a whole new level. But the game is constantly changing and different for every family, so you will have to write your own playbook. Learning what works for your family regarding sleep, sharing responsibilities, and communication are all part of the adjustment to life with a new baby.

#2 Sleep as a Family Project

Minimizing sleep deprivation is important for both parents. I spend a lot of time encouraging new parents to focus less on how their baby sleeps and to treat sleep as a family project. I remind them that as adults their sleep patterns are more flexible than their babies are. The happiest families I see in the postpartum period are the ones who understand why babies sleep the way they do, and go with the flow rather than trying to change their babies.

Even when families understand how babies sleep, they often don't prioritize their own rest because of the pressures to get right back into their pre-baby routines. The lack of paid leave is a huge culprit here. Remembering to prioritize rest and sleep in the first six weeks is something that most families need help with. When you have a new baby, sleep and rest are not just for nighttime anymore.

Encouraging your partner to take it easy during her postpartum recovery is one important way to support her. Also, remember that caring for a baby and recovering from birth are work! I knew one mother whose husband came home from work each day and looked around the house at what was not done, either silently surveying or occasionally making comments. He may not even have been aware of what he was doing, but by assessing the appearance of the house in one silent glance he invalidated all of the work his partner had done that day to care for their children and herself. Try not to be that father. It's important to focus more on the well-being of the children and your partner than which projects or housework get done.

What else works for maximizing sleep? There is no one-size-fits-all family sleep strategy. I've seen many different strategies work for different families. What works for *your* family is key. I've seen families where the parents sleep in different rooms, where the baby is next to the adult bedroom, in a separate room, or in bed with the parents.

> You or your partner may feel at times that you are not rising to the occasion of fatherhood quite as you hoped or thought you would. But you can do this!

Sleeping separately doesn't mean there is anything wrong with your partnership. I worked with a family who settled on having the mother care for the baby throughout the night, while the father slept in a guest bedroom. Their only rule about this was that the father was never allowed to say to the mother that he was tired. This family also arranged for help during the day so that the mother almost always had the opportunity to nap. Another mother found that sleeping on a futon on the floor with her twins in the nursery worked best for her. When there was help at their house during the day, she encouraged her husband to come home too, so that they could both take advantage of the opportunity to nap.

Other families take shifts at night. If the baby is taking a bottle, then many families find that getting a longer stretch of sleep is possible by having each parent sleep through at least one feeding while the other wakes to feed the baby.

Co-sleeping is another family sleep solution that families historically and globally have found to work well. In fact, about 80% of families say that they co-sleep at one point or another. It's important to understand what exactly the risks are, and also that it is possible to co-sleep safely. In order to co-sleep safely, first consider the risk factors which would indicate your family should not co-sleep: formula use or anyone in the household being a smoker or using narcotics. Co-sleeping is safest in a firm bed with no gaps between the mattress and the wall. Sleeping with a baby on a couch or chair is much more dangerous and should be avoided.

#3 Being There

New fathers are often told to help or support their partner, but not often given good guidance about how to do so. It's okay if you aren't sure what to do. But you can find out. If you are fortunate enough have experienced women helping your partner — grandmothers, sisters, friends or a midwife or doula — take time to notice what they do to support your partner. Ask them, or your partner, for suggestions about what to do. You can learn how to help position the baby for breastfeeding, or how your partner likes pillows arranged to support the baby or her arms. Or, ask what sort of snacks and drinks she would like to have available where she is nursing and keep it stocked. If you have to go back to work, find out what sort of snacks or lunch you can leave for her to make healthy eating easier while you are gone.

Having primary responsibility for some aspect of infant care is helpful for bonding with your baby as well as supporting your partner, such as diaper changes, bath time, and nail trimming. Ask your partner what her priorities are. Asking other fathers what worked for them is another good approach.

While maximizing sleep is important, there may also be times when both partners waking to care for the baby together is important for emotional and practical support. Being the one to change the diapers as needed, or to soothe the baby back to sleep, can be a great way for a father to bond with his baby and support breastfeeding.

You are a key person in your baby's life sooner and more deeply than you may realize. I have seen many times, shortly after a baby is born, when the baby is taken away from the mother to the warming table across the room for one reason or another and begins to cry. If the father is there, and speaks to the baby, the baby immediately relaxes and turns toward the familiar, safe voice of the father. It is a beautiful testament to the key role fathers play, but sadly many fathers don't realize at first how important they already are to their babies.

Part of what makes being a new father so challenging for many men is to learn that simply being present is often what is needed. Listening to a woman who is going through the baby blues in the first weeks postpartum without giving advice when she feels upset; turning off the TV and enjoying eye contact with your child when your child is bottle feeding, or quietly alert and gazing into your eyes; those are actions which mean the world to our families but for which men may not have gotten much reinforcement. The rewards of strengthening one's ability to be present with others are tremendous. Ironically, the transition to parenthood also changes your partner's ability to be there for you emotionally. While you may have to step up your game with partner and children, you may also need to seek out some new ways of getting emotional support for yourself. When a woman is sleep deprived, physically recovering from giving birth, working to establish breastfeeding and understand the baby's cues, and essentially overwhelmed by the new responsibilities of motherhood, she does not have the same time or patience as she did before.

#4 Connect with Other Dads

No matter how smooth or rough your transition to fatherhood is, you will benefit from connecting with other fathers. Now you are in a club you may not have known existed before. If you are used to relying on your partner as your best friend and sole companion, you will need to branch out — she cannot be there for you in the same ways now that you and she are also caring for a baby.

Once at a birth, I heard two fathers connect in a hospital hallway. One's baby had just been born earlier that day, the other man's wife was in labor. They talked for less than a minute, but the experienced dad helped the expectant father prepare for what was coming during the delivery. It's common for birthing women to sound short-tempered or impatient as they transition and at the end of labor. "Don't worry about anything she says," was the advice which the new dad gave this expectant father to help him approach the birth of his baby with greater confidence.

Talk with other fathers at work or school or your place of worship, or find an online group —Ann Arbor has a Dads' Facebook group "Ann Arbor Area Dads" (www.facebook.com/groups/474536292618014/) you can join — these other dads will understand what you are going through and may have suggestions for dealing with the challenges of new fatherhood. If you are really struggling, you may want to consider some counseling. While experiencing so much change, sometimes our old strategies for managing life need to be enhanced or replaced with new ones.

> See James McKenna's "Safe Cosleeping Guidelines" for more information about how to do so safely. Mother-Baby Behavioral Sleep Laboratory, University of Notre Dame. cosleeping.nd.edu/safe-co-sleeping-guidelines

#5 Communication

Even when the baby is doing well and your partner seems to be managing the transition, you —the good, kind, thoughtful, sensitive man your partner chose to have a baby with — may now feel out of your depth. You or your partner may feel at times that you are not rising to the occasion of fatherhood quite as you hoped or thought you would. But you can do this! For one thing, it usually feels like we are doing a worse job as parents than we are. And it is normal to feel unsure at times as a new father, especially as you work out the new responsibilities with your partner.

Talking about your needs with you partner can lead to conflict at times. On the other hand, not talking about your needs at all usually leads to conflict later. Here is where you try to find the delicate balance of thoughtfulness about all that your partner is doing and what she needs, and kindly expressing what it is that you need. A little more sleep so that you can function at work? A few minutes to yourself when you get home or a chance to exercise? A chance to connect with her without the baby? Some of these may be doable occasionally, but other times, it's more a matter of being patient until the baby grows.

Listening to your partner's feelings and needs can also be challenging when their upset is directed at you. In the shift to parenthood, many women feel more anger and disappointment about their partner than they expected. You may feel misunderstood, bewildered, inadequate, defensive, or guilty, and you probably feel like you don't understand what she's so upset about. You are not alone. But try to listen and learn. Always going back to the reminder that the work is more than two people can reasonably do will help. Keep this in mind later too. For some lucky couples, things go fairly smoothly with the first child, but then having a second child tips the scales. One communication tip I have shared with couples is to say something you appreciate about each other every night before sleep, which can counter some of the frustration that comes from feeling disconnected and unappreciated.

You may be exhausted and overwhelmed, but you can do this fatherhood and partner thing. If you are open to growth and change, you will be able to be a better father and partner than you ever imagined, and you will be able to enjoy it more as well!

Catherine Fischer is a birth and postpartum doula and also offers classes and consultations for parents to help with the emotional challenges of parenting. You can learn more about her and her services at www.SupportForGrowingFamilies.com.

New, Fun, and Just Plain Cool

Crazy Wisdom Kids in the Community

By Cathy Gorga

HIKE IT BABY

Two years later, there are over 1,300 members of the Hike It Baby Ann Arbor Facebook group, most of whom joined after hearing rave reviews from others, and the branch hosts 13-15 hikes and events every week.

Every parent knows how challenging it can be to find other parents to connect with. Days are busy, nights aren’t always restful, and caring for small children can be all-consuming. Annie Fortunato knew these feelings all too well. Raising her young son in Ann Arbor, she tried a variety of “mom groups,” but none quite fit her family’s outdoor-loving, on-the-go, adventurous lifestyle.

Then, in the fall of 2014, a cousin in Alaska contacted Fortunato about a national organization she’d stumbled on called Hike It Baby. “Have you heard of this?!” her cousin asked, knowing it was right up her alley. The group regularly coordinated outings for parents with young children, all intended to help families connect with nature and each other. Intrigued, Fortunato did some research and found that while Hike It Baby had branches scattered all over the U.S., there wasn’t one anywhere near Ann Arbor. “And I was like, I have to figure out how to get one here,” she explained. “Ann Arbor is so family-friendly. Everyone loves to be outside and loves the outdoors here, so I thought it would be the perfect opportunity.”

That October she became a Hike It Baby Branch Ambassador, forming a group for parents in the Ann Arbor area. Two years later, there are over 1,300 members of the Hike It Baby Ann Arbor Facebook group, most of whom joined after hearing rave reviews from others, and the branch hosts 13-15 hikes and events every week. That’s a lot of options for parents to choose from — and they’re all free, since it’s a volunteer-based organization. Every outing is posted on Hike It Baby’s national website, where parents can also find details about specific hikes, including distance, difficulty, accessibility, bathroom availability, and more.

“[For kids with lots of energy], the outdoors is perfect. You can’t bounce off of walls if there are no walls.” – Annie Fortunato, Hike It Baby Ann Arbor Branch Ambassador

Fortunato was elated to have found a way for both her and her son to make new friends while reveling in nature. As a preschool teacher with an extensive professional background in nature education, it was important to her to help her son develop a relationship with the outdoors. At the same time, she craved connections with other parents. “Finding this opportunity to work with Hike It Baby was exactly what I wanted to do,” she shared. “I got to volunteer my time, *and* my child got to enjoy it as well.” For her, working with Hike It Baby represented a way back to her essential self — an often difficult task for a new mother. “I think that sometimes, as parents, we kind of lose ourselves a little bit and the things we’re passionate about. But when I found this opportunity to involve him in [hiking] and really get this ingrained in his life, I couldn’t even say no to it. It was a way for me to reclaim who I was as a parent.”

“She touched on the fact that so many parents feel isolated after having a baby, and how challenging it can be to try new activities with young kids. With Hike It Baby, though, parents can be assured that their hiking companions understand their struggles: ‘When you come to a hike, everybody’s been there [as a parent].’”

Fairytale Baked Goods

Their Scones are a favorite at Crazy Wisdom Tea Room!

Jen Gossett, Owner & Fairytale Baker
BakedFairytales@gmail.com
(734) 751-9825
facebook.com/BakedFairytales
bakedfairytales.wordpress.com

And so, two years later, Fortunato is busy as both a Branch Ambassador and a leader at the national level. She's on the trail with her five-year-old son multiple times a week as a hike host. She and the many other hike host volunteers ("I could not do it without them!" she stressed) plan outings all year round, in rain, heat, snow, and sun. Now that Hike It Baby has 280 branches in seven countries, their website boasts "a plethora of information" on how to prepare even the smallest babies for any kind of weather and trail. Fortunato pointed out that's helpful because it can be intimidating to figure out how to get outside with small infants…or reckless toddlers. In fact, one of the things she loves about Hike It Baby is the way the organization strives to help everyone feel welcome on the trail — parents, grandparents, and nannies; babies and preschoolers; postpartum moms; hikers using strollers and wheelchairs; and people "of all shapes and sizes," said Fortunato. "It's really cool for kids and other parents to see people of all abilities on the trails together. I think that's inspiring."

"I think that sometimes, as parents, we kind of lose ourselves a little bit and the things we're passionate about. But when I found this opportunity to involve him in [hiking] and really get this ingrained in his life…. It was a way for me to reclaim who I was as a parent."
– Annie Fortunato,
Hike It Baby Ann Arbor Branch Ambassador

As for the actual hikes, there seems to be one for everybody, regardless of fitness level or trail experience. "All of our hikes are slightly different. We've had toddler-led hikes that go 25 feet. That's super common and okay. And then we have hikes that are three-plus miles." Their target audience is children up to about age five, as there aren't other outdoor adventure groups devoted to the early childhood years. Plus, they hope to maximize the multi-sensory experience for young children: "When you're outside, you're hearing, you're smelling, you're seeing, often you're tasting! I'll never forget the family [whose] child's first experience with food was moss on the trail," Fortunato laughed.

The group as a whole strives to nurture community and relationships. To facilitate that, each hike begins with a welcome circle and icebreaker. While on the trail, hike hosts are encouraged to "lead a hike in the spirit" of Hike It Baby's ideals. The group size varies depending on the day, the time, the weather, and more, but for larger groups, a "caboose" is assigned to make sure no one gets left behind. While there are hikes that are adult-paced, with kids tucked into carriers, usually the pace is set by the children themselves. That means the group will slow down for feedings, for bathroom breaks, and of course, to check out every creature, leaf, and stream that cross their path.

Conversations on the trail are typically kept light, with hike leaders taught to steer talk away from touchy subjects like politics. "It does isolate people," Fortunato pointed out. "Those controversial topics aren't always healthy…. We try to be all-inclusive." She explained that all the hikers are responsible for reaching out to each other, noting, "It's very much a team effort to try to make everyone feel included." Part of that is lending a hand if a parent has two kids running in opposite directions, or offering a distraction if someone is throwing a temper tantrum. In fact, Fortunato explained that the multi-age makeup of the hiking groups is advantageous, since oftentimes it's the older kids helping out the younger ones on the trail by setting a fun pace, holding little ones' hands, and helping them spot bugs and frogs. All the children are allowed and expected to let their energy out, which is helpful to know for parents who worry how their children might behave on a hike:

> That's what being in the outdoors is all about. It's okay to be wild and crazy and scream. And that's why for kids [with lots of energy], the outdoors is perfect. You can't bounce off of walls if there are no walls.

Despite the organization's name, one of the things that Fortunato loves the most about Hike It Baby is that "it doesn't always have to be hikes. Sometimes it's just getting outside." For those who aren't into hiking, there are park dates, picnics, bikes, swims, scavenger hunts, and urban strolls. In March, there were weekly themed excursions to celebrate National Reading Month. As Fortunato emphasized, "I don't think it's necessarily that we want everybody to *hike.* We've got this huge disconnect with the environment in general, and we want to reconnect children to that." Hike It Baby, she said, is really just a convenient medium for interpersonal connections: "It is creating community. Especially in a transient city like Ann Arbor, it's hard to find people to connect with. It's not even hiking specifically; it's just meeting like-minded people."

Fortunato's passion for Hike It Baby and its mission has spilled over into all areas of her life, influencing her family, her work (she's incorporating more nature play at her preschool, and she's looking into starting a local adventure playground), and her friendships. "I never really felt like I fit in anywhere growing up, especially as a mom, and now I do." She touched on the fact that so many parents feel isolated after having a baby, and how challenging it can be to try new activities with young kids. With Hike It Baby, though, parents can be assured that their hiking companions understand their struggles: "When you come to a hike, everybody's been there [as a parent]."

Fortunato sees the possibilities for future hikes and gatherings as "literally endless." After all, anyone who's been on a Hike It Baby excursion is welcome to be a hike host and design an outing to their liking. Anything, she said, to help kids and their parents connect with the outdoors and each other. "We just want to get the next generation outside…. Hike It Baby is trying to change the world one hike at a time."

Interested in joining a hike? "Like" Hike It Baby Ann Arbor's Facebook page for regular updates and notices about upcoming hikes and events, or check out the calendar on the national website at hikeitbaby.com.

Raising a Generation to Love the Outdoors!

Crazy Wisdom Kids in the Community

POINTLESS
BREWERY • THEATRE

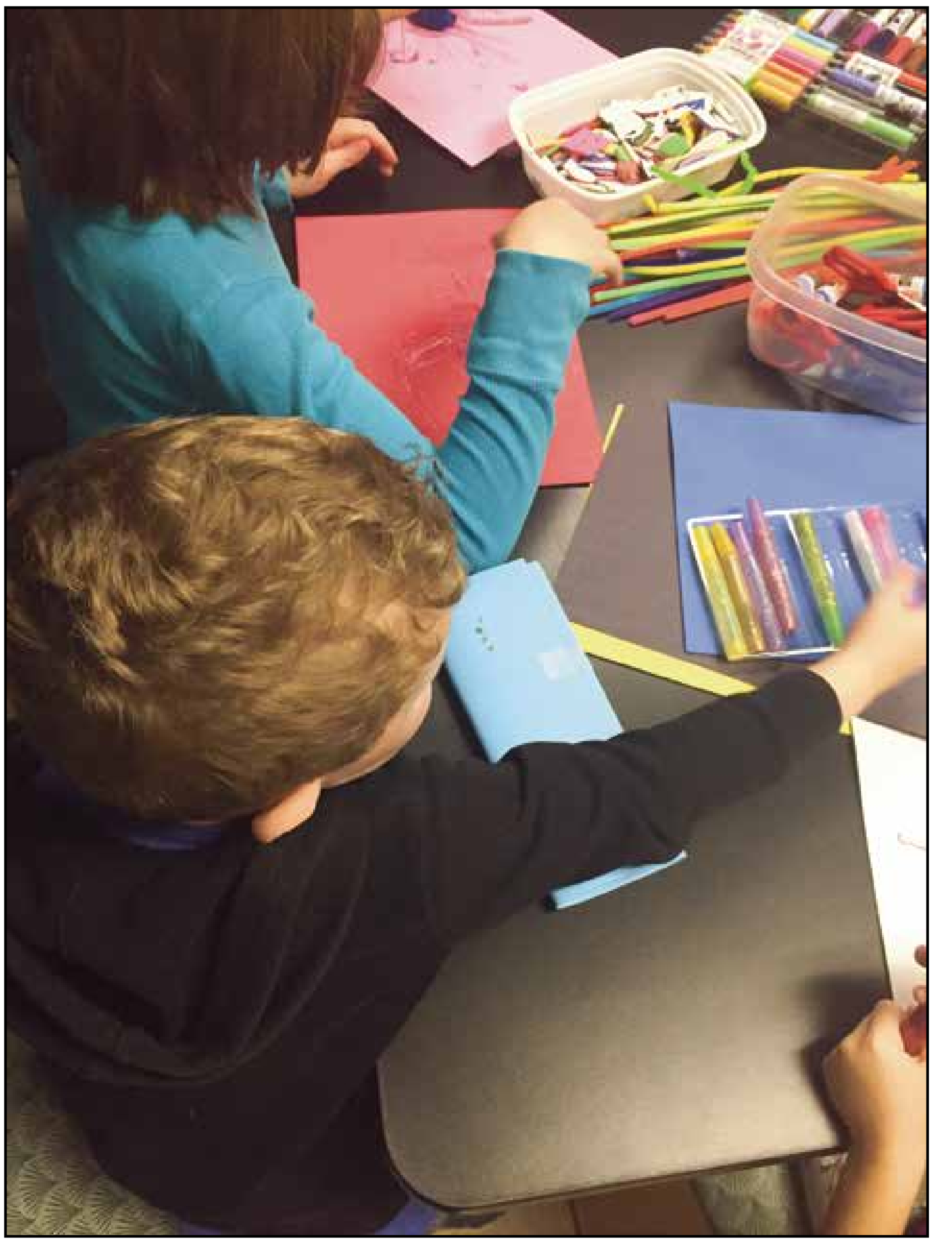
What does your dream come true look like?

For Tori Tomalia, it's an unassuming unit in the Packard Platt Plaza Shopping Center in Ann Arbor where she and her husband, Jason, recently celebrated the grand opening of their brewery and improv theater, Pointless Brewery. Brewing and improv might sound like an unexpected business combination, but it turns out the couple had daydreamed about exactly that since the very beginning of their relationship, more than ten years ago. They frequently tossed around the idea of opening a unique place that combined their mutual love of theater, Jason's penchant for brewing, and Tori's passion for teaching theater to young children. And, like so many of us, their dreams waited while the two went to school (Tori for secondary education, arts management, and theater for the young; Jason for theater) and started a family.

Facing an uncertain future, the couple focused on making their "pointless dreams come true"…. They poured their hearts into designing, creating, and crowd funding for the improv theater they'd always talked about.

Then their lives shifted. Immensely. In 2013, when their son was four and their twin daughters were two, Tori was diagnosed with stage IV lung cancer. The prognosis was grim, which, as Tori noted, "forces you to step back and say, 'Okay, what's important? What's something you've always wanted to do?'" Facing an uncertain future, the couple focused on making their "pointless dreams come true," according to their website. When the perfect location became available in their neighborhood, they pounced. They poured their hearts into designing, creating, and crowd funding for the improv theater they'd always talked about. And as of New Year's Eve 2015, Pointless is up and running, hosting improv performers every Friday and Saturday night at 8:00 and 10:00 p.m. They serve up home brews during the performances, aiming, as Tori said, "to bring that improv-creativity spirit to the beer." Case in point: They have a current offering called OMG, which is a chocolate-peanut butter milkshake stout. Understandably, when Jason explained the flavor to Tori, she exclaimed, "Wait, *what?* Oh my god! What? Oh my god!" Clearly, Jason thought, "OMG" was a fitting descriptor for such a beer.

But there's a whole other aspect to Pointless Brewery that may surprise you a bit — their commitment to offering drama programs for children. Between Tori's extensive background in educational theater and having three young children of their own, incorporating kids into Pointless made perfect sense to the Tomalias.



Saturday mornings at the brewery are dedicated to family programming. Called Little Peeps Playground, it's a combination of a drama class and a performance. Intended for the older preschool and young elementary crowd, kids have the opportunity to "do different drama exercises, and they come up on stage and play. So it's part performance, part class, part experiential." Pointless offers a range of shows for kids during the Saturday time slot, from music concerts to local theater troupes (such as Spinning Dot Theatre) to in-house productions.

Saturday mornings at the brewery are dedicated to family programming. Called Little Peeps Playground, it's a combination of a drama class and a performance.

The in-house productions are yet another branch of Pointless. This summer, auditions were held for Theater for Very Young Audiences, an original ensemble show created by Pointless Brewery. Tori explained that many parents are intimidated by the idea of bringing their young kids to a theater performance — shows can be long, and children are expected to be still and quiet. But Theater for Very Young Audiences, she said, "flips all that. It's *for your kid*." The performance, which will run from September through mid-October, will be partially interactive and is specifically "built for the learning style of very young children. If you make noise, that's fine. If you wiggle, that's fine…. There are parts where the kids will participate and parts where they'll watch, and if they move around, that's okay!" The kids can actually come on stage at points to explore the scenery and see the theater from the actors' point of view. In this paradigm, kids experience theater the way they are meant to experience the world: through hands-on, developmentally appropriate encounters that are "much more tactile" than a typical performance would be, according to Tori. Theater for Very Young Audiences will be held on Saturday mornings during the typical Little Peeps Playground time slot; regular Little Peeps sessions will resume in October once the Young Audiences run has ended.

Pointless also offers more extensive summer programming via various camp sessions, which Tori described as "week-long versions" of Little Peeps Playground. Previous themes have included Outer Space, Under the Sea, Magical Creatures, and more, and campers (ages 5-9 for the morning sessions and 10-13 for afternoons) participate in activities based on the themes: warm-up exercises, drama activities, arts and crafts, and improvisation games. Each week culminates in what Tori termed

a "showcase," rather than a play or a performance. That way, she explained, their play-based and experiential learning philosophies remain intact, allowing campers to focus on the process rather than the final product and "really encouraging that playfulness of childhood."

Indeed, with children's lives becoming increasingly over-scheduled, it may be hard to envision fitting in any more activities. However, as Tori pointed out, the skills learned in drama classes could well be the perfect antidote to a wide host of societal ills. Pretending to take on another persona, after all, is the "perfect tool" to teach kids essential lessons about empathy:

> One of the things that theater forces you to do is to step into someone else's shoes. Even if it's something silly, like being an alien — but how does this alien *feel* when it lands on a new planet? It makes you step outside of yourself and become someone else.

With opportunities for theater experiences being extremely limited in local public elementary schools, Pointless provides a chance for kids to learn valuable skills like public speaking, creativity, problem solving, collaboration, and teamwork.

With opportunities for theater experiences being extremely limited in local public elementary schools, Pointless provides a chance for kids to learn valuable skills like public speaking, creativity, problem solving, collaboration, and teamwork. The "Little Peeps" work together to brainstorm and then bring ideas to life, meaning they need to practice listening to their peers as well as making their own voices heard, and all in a supportive setting with talented and experienced staff members.

The interns and teachers at Pointless "all have some kind of early childhood background and some kind of theater background that they've merged," Tori said, and they have been diligent and purposeful in creating a developmentally appropriate environment for the students. Little Peeps sessions are structured, Tori explained, but not quite like school is structured. "There's no sitting in desks or things like that. It's that really on-your-feet, play-based, experiential learning, which complements really well what's happening in schools."

POINTLESS
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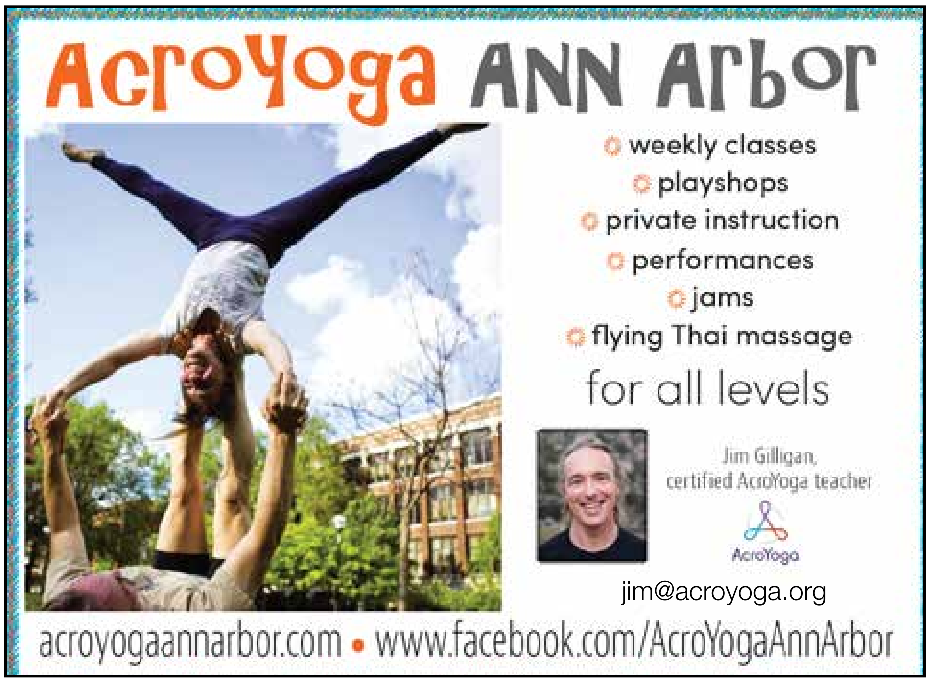
They plan to continue their Little Peeps Playground sessions on Saturdays and their camps throughout next summer.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Moving forward, the couple behind Pointless Brewery is still very much in the "expand, expand, expand" phase of business, but they're extremely proud of how far they've come. Their original Theater for Very Young Audiences production in particular represents a long-held goal coming to fruition, which Tori said is "really exciting…I'm looking forward to doing that." They plan to continue their Little Peeps Playground sessions on Saturdays and their camps throughout next summer. In the meantime, they're working hard to build more community connections with guest artists and musicians, all while expanding their offerings for adults (think even more workshops and improv classes) and experimenting with new brewing ideas. Not bad for a business that was just a dream a few years ago. As Tori said, "I can't believe it's actually a place now!" Tori's health is holding steady these days as she receives ongoing cancer treatments, and she's as busy as ever with her family and the business. It may have taken a particularly harsh motivator to get Pointless Brewery started, but they're here, they're going strong, they're still dreaming big, they're making people laugh, and they're making a demonstrable difference. Seems to me to be right on point.

Pointless Brewery is located at 3014 Packard Road in Ann Arbor. Tickets for Theater for Very Young Audiences and other shows are available through their website, www.pointlessbrew.com. You can also visit the website for more information on joining Little Peeps Playground and on upcoming camp offerings, or get in touch via email at info@pointlessbrew.com or by phone (989) 455-4484.

Crazy Wisdom Kids in the Community

3&UP Board Game Lounge

When Chris Erwin and his wife, Angela Space, were brainstorming business ideas a few years ago, board games were not exactly on their professional radar. Their primary motivation was to create a space where people could spend quality time together, away from digital distractions. As busy working parents (Space is an attorney, and Erwin was working for a Fortune 500 company at the time), they found themselves struggling to find time with their two young children that wasn't constantly interrupted by one device or another. Knowing they weren't the only parents looking for an electronics-free way to reconnect with their families, they tossed around different ideas for establishments that might encourage togetherness.

> **The lounge is typically filled with families and school or camp groups during the day and older youths, college students, and adults at night, all gathering to check out the selection of over a thousand games.**

Nothing quite stuck until a trip to Toronto, when the couple walked by a café that also had board games available. Space pulled Erwin in, and, as he recalled, his dubious response was, "Board games? Who wants to play board games?" She replied, "Well, you can have coffee and drinks and food!" They had happened upon the world's first and largest board game café, Snakes and Lattes, and ended up having "an amazing time," Erwin said. "And those lights started to go off."

PARTIES
RED ANCHOR
&UP
BOARD · GAME · LOUNGE
630

Not too long after, their own board game lounge, 3&UP, opened in downtown Plymouth. Anyone over the age of three is welcome to come — hence the name 3&UP, a takeoff of the age recommendations listed by manufacturers on game boxes. The lounge is typically filled with families and school or camp groups during the day and older youths, college students, and adults at night, all gathering to check out the selection of over a thousand games. They host birthday parties, team building events, college nights, middle school meet-ups, holiday gatherings, and game tournaments. Customers can purchase Michigan-made snacks and drinks, or they can bring their own, including having food delivered right to the lounge. With wall-to-wall shelves neatly stocked with games, expandable wooden tables planted around the main room, classic game boards and pieces adorning the walls, and a back room decorated like a dungeon, 3&UP is a game-lover's dream. But Erwin was quick to point out that it's not just for people who already love games. At its core, he said, 3&UP is simply a venue for folks to "find a way to put their phones away, put their distractions away, and just spend quality time with each other."

> **...it's not just for people who already love games. At its core, he said, 3&UP is simply a venue for folks to "find a way to put their phones away, put their distractions away, and just spend quality time with each other."**

Sounds fantastic, right? Sure — but maybe also a little daunting to parents who have tried board games at home with their kids and know how quickly things can devolve into bickering siblings, lost pieces, and exasperated refereeing. Erwin readily admitted that parents sometimes resist coming in to 3&UP because board games aren't always a pleasant experience at home. "And it's true — I've played board games at home with my kids, and it's not so fun sometimes! That's a very valid concern that people have." Valid, perhaps, but not a concern that holds up to testing: when Erwin asks parents if their experience at 3&UP turned out differently than their board game attempts at home, "they say, 'One hundred percent, absolutely — but I don't really know why.'"

…3&UP is a game-lover's dream.

Erwin is happy to explain exactly why. For starters, with such an enormous selection of games to choose from, customers can count on finding options that appeal to everyone in the family. The 3&UP staff members assist with that process, and they pride themselves on helping to "guide the experience": "When someone comes in, our goal is to understand where they're at, to sense and respond, and then provide a level of care that's always going to blow them away." Staff are well-versed in pinpointing games that will provide opportunities for both confidence-boosting and challenges for kids, which makes them eager to try more, new, and different games.

A second reason children tend to respond more enthusiastically to board games at the lounge, Erwin pointed out, is that 3&UP is a "destination," and "the social rules are completely different" in a public venue. "Most parents find and know that their kids are different at home than they are out in public. They're like, 'I'm supposed to be polite in public…. How I deal with my emotions in public is different from how I deal with emotions at home.'" And while board games can definitely get emotional, Erwin said they "very rarely see kids have tantrums," and that parents routinely end up unexpectedly impressed by their family's behavior.

> **"Most camps within 25 miles will come here for field trips." And the field trips go far beyond simply offering a venue for playing board games. The 3&UP staff have developed an impressively in-depth experience…. [and] will give a lesson either on fair play or respect.**

Primarily, though, beyond carefully-scouted game selections and children choosing to employ their social graces, Erwin insisted that the reason kids have such a great time at 3&UP is "not necessarily that they love the board games. They just love getting an hour and a half of [their parents'] time, just you and them together." Everyone's phones are away, there aren't video games or grown-up chores to distract anyone, and the entire goal of a family's time at 3&UP is to play together without disruptions — to "unplug and reconnect…. And you just don't get that" with game nights at home or with other family entertainment options, Erwin has found. They've also made themselves competitively affordable: an hour and a half at 3&UP costs just $5 per person.

While plenty of kids come in with their families or for birthday parties, 3&UP also works in a number of after-school programs, in particular with chess programs, which they now conduct in six charter schools. Likewise, a huge component of 3&UP is their field trip offerings. 3&UP both hosts field trips and will travel to provide in-school field trips. Erwin said they've had groups from Tutor Time, Childtime, KinderCare, the YMCA, local schools, and more: "Most camps within 25 miles will come here for field trips." And the field trips go far beyond simply offering a venue for playing board games.

> **Because his staff are already trained to individualize each customer's experience and respond to a variety learning styles, he said, it makes it easier to figure out what will best suit any given patron.**

The 3&UP staff have developed an impressively in-depth experience. To start, each group is broken up into smaller groups of about four; then, depending on the age of the kids, the staff will give a lesson either on fair play or respect. The fair play lesson, intended for kids under about age 10, covers topics such as "taking turns, following the rules, and winning and losing graciously." For groups with older youths, the lesson is about "four levels of respect: self-respect, respecting people, respecting things, and respecting places." Following the lesson, age-appropriate games are distributed, and the staff are sure to rotate through the groups to explain rules, switch out games, and make sure that each group has a chance to use different types of games (word games, memory games, motor skills games, and so on). At the end of the trip, the group reflects on the experience together.

Not only do the kids have a great time, Erwin said, but the teachers and counselors also get a lot out of the field trip. They learn how to match the best board games to their students and how to continue drawing from the fair play or respect lessons. The 3&UP staff actually do teacher and counselor trainings "on how to coach on board games, and how to teach through board games," as well as how to scaffold kids as they progress through various levels of competency.

CRAZY WISDOM KIDS

An ongoing section of
The Crazy Wisdom Community Journal

Articles, calendar listings, advertisements, music and book reviews, and other features… focused on raising conscious and spirited kids…

Mindful Parenting
Good Eating Habits
the Healthy Household
Integrative Medical Care for Kids
Yoga and Kids
Dads and Babies
Mothers and Daughters
Eco-friendly family living

(If you like our CW Kids section, and would like to be contributing to it, contact bill@crazywisdom.net. We welcome story ideas, illustrations, feature writing, and photographs)

Erwin also said that he and his staff are particularly sensitive to adjusting what they offer for children and adults with different or special needs. Erwin himself is the caregiver for his adult brother with special needs, and he understands that sometimes it takes some tweaks to help everyone have the optimal experience. "We have games that are one-player games. We have other ways that we can give them games that are a little more simplified to help understand the rules." Because his staff are already trained to individualize each customer's experience and respond to a variety learning styles, he said, it makes it easier to figure out what will best suit any given patron. They recently hosted a group of about 15-20 adults with a wide range of physical and mental abilities from Canton Leisure Services, and "we were able to create a field trip for them where we understand the games intimately enough to understand what games will work."

Essentially, 3&UP is dedicated to fostering community and togetherness. Erwin said they're thrilled to see families trying out the lounge, and he and his wife are excited to have created "a community space where people feel comfortable showing up and meeting new people to play." Moving forward, they hope to keep growing their after-school offerings and in-school field trips, and they're looking to expand locations to target new audiences. Erwin's ultimate goal remains the same as it was on day one: to offer a venue for families and individuals alike to disconnect from their electronics and reconnect with each other. A tall order, it might seem, but Erwin seems to have found a winning strategy.

3&UP Board Game Lounge is located at 630 Main St. in Plymouth. You can contact them via phone at (734) 667-3650, or email them at info@3andup.com. For more information on family and individual memberships, birthday parties, Scout packages, school outings, and more, visit their website at www.3andup.com.

If you'd like to be considered for inclusion in the next Crazy Wisdom Kids column, please contact our columnist at cwkidscolumn@crazywisdom.net. The deadline for submissions for the January through April issue is October 30, 2016.

The Crazy Wisdom Community Journal

Events Calendar for Kids • September through December 2016

New, Fun, and Just Plain Cool Things to do!

Crazy Wisdom Kids

Fairy Tea in the Crazy Wisdom Tea Room • Oct. 27, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for a magical time with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are $11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at fairytea@crazywisdom.net

Monarch Migration Festival with Leslie Science and Nature Center • Sept. 18, 1-3 p.m. • Join LSNC in preserving butterfly habitats and releasing monarchs to support national conservation. Learn how butterflies are tagged, get your face painted, and meet local experts and vendors supporting butterfly conservation. Registration required. $10/person. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Raptor Feeding with Leslie Science and Nature Center • Sept. 25, Dec. 18; 3-4 p.m. • LSNC raptor staff will prepare raptor food for wild owls, hawks, and eagles. This is a great time to see the birds doing their most natural behavior of eating. Visitors can also touch feathers, see a hawk or owl pellet, learn about bird anatomy, and ask questions. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

30th Birthday Party with Leslie Science and Nature Center • Oct. 8 • Celebrate the LSNC's 30th birthday with hiking, playing, making art, visiting raptors, exploring the Critter House, relaxing by the campfire, or doing a scavenger hunt in the Black Pond Woods. Guests can sing "Happy Birthday" and enjoy cake. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sept. 18, Nov. 20; 6:30-8 p.m. • Families can enjoy a relaxing campfire while roasting marshmallows and swapping stories. Bring camp chairs, and s'mores fixings. LSNC will provide the campfire and marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Astronomy Day Star Party with Leslie Science and Nature Center • Oct. 15, 8-10 p.m. • The University Lowbrow Astronomers will provide "close up views" of stars, planets, nebulae, and other celestial objects that are hard to see without telescopes. In case of rainy or cloudy weather, please call or check our Facebook page after 4 p.m. that day for a cancellation message. $5/person (free for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Animal Haunts with Leslie Science and Nature Center • Oct. 29, 6-8 p.m. • Celebrate Halloween with LSNC's non-scary Animal Haunts. Take a guided hike through Black Pond Woods where costumed interpreters bring plants and animals to life by sharing natural history facts and stories. There will be harvest crafts, a hay jump, and more. Don't forget to come in costume! $10/person or $35/family. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

"No act of
kindness,
no matter
how small, is
ever wasted."

- Aesop

"Believing takes
practice."

- A Wrinkle in Time,
Madeleine L'Engle

Owling: All Ages with Leslie Science and Nature Center • Nov. 19, 7-9 p.m. • Night hikes, owl calling, and visits with live owls will fill the evening with wonder as participants discover how ears, eyes, and feathers help owls survive the night. A similar event for adults only takes place Nov. 18. $9/person ($8 for members), $34/family ($30 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Day Off Outdoors with Leslie Science and Nature Center •
Nov. 8, 8:30 a.m.-5:30 p.m. • Winter Survival • Learn how animals prepare for winter by caching food, finding shelter, and preparing to hibernate. Practice skills that humans use to stay safe and warm when adventuring in the cold outdoors. $70/child ($65 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Nov. 23, 8:30 a.m.-5:30 p.m. • Thankful for Nature • Explore ways the natural world provides food, shelter, energy, and more. Show gratitude by learning how to reduce waste, conserve pollinator habitats, and show respect for our planet. $70/child ($65 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Nature Tales with Leslie Science and Nature Center • Each themed session includes hands-on activities like live animal encounters, guided hikes, group games, and enticing stories to inspire parents and children to explore and appreciate the outdoors in Ann Arbor's backyard. Please dress for the weather. $4/child ($3 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Oct. 1, 10-11 a.m. • Turtles
Oct. 13, 15; 10-11 a.m. • Leaves
Oct. 27, 29; 10-11 a.m. • Skulls
Nov. 10, 12; 10-11 a.m. • Owls
Dec. 1, 3, 10-11 a.m. • Wiggly Worms
Dec. 15, 17; 10-11 a.m. • Tracks

Parents' Night Out with Leslie Nature and Science Center • This is a night out for grown-ups while kids enjoy an evening at LSNC. They will study incredible adaptations that help animals hunt, run, jump, and swim, and then apply those ideas to their own inventions and creations. Includes pizza and carrots for dinner plus late-night popcorn. Please dress for outside activities. $30/child ($25 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.
Nov. 12, 5-10 p.m. • Critters that Squirm in the Night •
Dec. 10, 5-10 p.m. • Animal Engineers •

Wonderful Winter Woods with Leslie Nature and Science Center • Dec. 11, 1-3 p.m. • Hunt for tracks and animal signs in the wintry woods, make a reusable gift bag from an up-cycled T-shirt, and enjoy hot cocoa and stories by a blazing fire. Bring your own T-shirt to reuse or we'll provide one. $8/child ($7 for members), free for adults. Call 997-1553; info@lesliesnc.org or lesliesnc.org

Breastfeeding Cafe at Center for the Childbearing Year • Mondays, 1-2:30 p.m.; Fridays, 10-11:30 a.m. • This informal drop-in group meets weekly. Breastfeeding moms and babies welcome! Free. Call 975-6534; bfcaa.com.

Intuitive Children Gathering with Christina DePugh • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 6-8 p.m. • Parents of intuitive children come together to discuss experiences, find encouragement, and learn techniques to help their intuitive children flourish. Children are welcome; healthy snacks and activities will be provided. Donation $5-10. Call 968-9723; christina@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

Camp PAWS at the Humane Society of Huron Valley • Nov. 8, 9 a.m.-4 or 5 p.m. • Campers engage in activities to prepare them to become responsible and compassionate future pet owners, including visits with animals, toy and treat-making, art, games, and humane education activities. $65 (optional $15 aftercare). Call Karen at 661-3575; humaneed@hshv.org or hshv.org/camppawselectionday.

Camp PAWS: Winter Break Session • Dec. 26-30, 9 a.m.-4 or 5 p.m. • These five fun-filled days include visits with animals, toy and treat-making, art, games, and humane education activities. Children ages 6-11 can learn how to care for and respect our animal friends. $265 (optional aftercare $45). Call Karen at 661-3575; humaneed@hshv.org or hshv.org/camppawswinter.

My Turn at Leslie Science and Nature Center • Sept. 11, 10 a.m.-12 p.m. • Meet live animals up-close, walk on wooded trails, and explore natural specimens. Practice scientific skills and follow paths through our woods, Critter House, and raptor enclosures using a new iPad app. Participants will touch, smell, hear, and see something new at this exclusive event for elementary-age kids with Autism Spectrum Disorders and their families. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Nature Playground with Leslie Science and Nature Center • Oct. 12, 26, Nov. 9, 30, Dec. 14; 10-11 a.m. • Outdoor environments enable toddlers to engage their senses and get exercise. This group comes together for a mix of guided and self-guided activities that allow parents, caregivers, and children to explore and experience the outdoors. Please dress for the weather. $4/child ($3 for members). Call 997-1553; info@lesliesnc.org or lesliesnc.org.

Nurturing Baby and You: Music and Support Group with Gari Stein • Tuesdays, Sept. 6-Dec. 13, 11:30 a.m.-12:30 p.m. • Learn songs for everyday routines and movement activities that nourish baby's brain and all developmental domains. Participants will sing, waltz, play with instruments, rock in hammocks, and enjoy lullabies, nursery rhymes, massage, and more. There is also time for parenting support, sharing resources, and exchanging concerns and ideas. $10/seven-week session (free for YMCA members). Call 741-1510; garistein@aol.com.

Musical Play with Gari Stein • Mondays, 11-11:30 a.m. • This musical play opportunity will wrap up baby storytime for those ages 3 to 12 months at the Whittaker library. Participants will sing, waltz, enjoy nursery rhymes, explore shakers, and rock to lullabies while sharing laughter and hugs. Free. Call 741-1510; garistein@aol.com.

KinderConcerts: Music and Motion with Ann Arbor Symphony • Oct. 21, 22, 24 • These 30-minute classical concerts featuring John Dorsey on percussion are designed to inspire children ages 2-6 to listen, watch, dance with leaves and scarves, and participate in a personalized program. Contact Gari for times and library locations at 741-1510; garistein@aol.com.

Little Paws Story Time • Sept. 8, 22, Oct. 6, 20, Nov. 10, Dec. 8, 22; 10:30-11:30 a.m. • This event engages children ages 2-5 through stories, crafts, fingerplays, and animal interactions. Drops-ins welcome. $5. Call 661-3575; humaneed@hshv.org or hshv.org/littlepaws.

Pets, Pajamas, and Movie Night with Huron Valley Humane Society • Sept. 16, Oct. 21, Nov. 18, Dec. 16; 5-9 p.m. • Children ages 5-11 can wear jammies, bring a sleeping bag, and enjoy animal fun while their parents enjoy a night out. Includes a movie, pizza, popcorn, and interactions with the animals. $35 for the first child, $15 for each additional child. Call 661-3575; humaneed@hshv.org or hshv.org/littlepaws.

The Teening Path with Conscious Rites • Sept. 10, 24, Oct. 15, Nov. 12, 13 • This contemporary coming-of-age program is a three-month journey that pre-teens (ages 11-14) and their parents or important adults can take together. It is a rite of passage that provides parents and their children with tools to make this transition safe, healthy, happy, and connected. $199 per child. Contact info@consciousrites.org or consciousrites.org.

New, Fun, and
Just Plain Cool Things to do!

List your kid, tween or teen events in the January through April 2017 issue of the CW Journal!

Deadline for submission is Monday, November 14, 2016

30th Leslie SCIENCE & NATURE Center
1831 Traver Road
Ann Arbor, Michigan
Ann Arbor's backyard for 30 years

Upcoming Programs:

School Break Camps and Days Off Outdoors: Nov. 8 & 23, Jan. 3, 4, 5, 6, & 16

Parents' Night Out: Nov 12 & Dec 10

30th Birthday Party: Oct. 8
LSNC is turning 30, and you're invited!

Animal Haunts: Oct. 29 Come celebrate Halloween at LSNC, don't forget to wear a costume!

Owls: Inside & Out: Nov. 18 (18+) & 19 (all ages)

Find monthly ***Critter House Open Hours****,*
Raptor Feedings*,* ***Fireside Fun*** *and more on our website!*

Monthly programs for preschoolers

Nature Playgroup: ages 1-3
Nature Tales: ages 1-5
Nature Tykes: ages 4-5

Each month has a new theme!

Scouts * Birthday Parties * Rentals
Preschool & School programs * Camps

www.lesliesnc.org **734-997-1553**

Fairy Tea

Where: Crazy Wisdom Tea Room
When: Thursday, October 27,
1 p.m. & 4 p.m. seatings

Children and their families are welcome for a magical time with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are $11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net or on the Kiosks at Crazy Wisdom prior to the event. For more information, contact Jessica at fairytea@crazywisdom.net

114 S. Main St., Ann Arbor • 734.665.2757

The Crazy Wisdom Calendar

A Free Guide to Local Classes, Workshops, and Events
September through December 2016

Artwork by Sara Van Zandt

Acupressure, Shiatsu, and Reflexology

MNRI Dynamic and Postural Reflex Pattern Integration with Dawn Burnell-Powers • Sept. 21-24, 9 a.m.-5 p.m. • The Dynamic and Postural Reflex Integration course provides the foundation for professionals and parents to understand the importance of primary motor reflex pattern maturation, why a reflex might not be integrated, the impact that a non-integrated reflex can have, and the MNRI techniques designed to assess and integrate reflexes. Offered for 3.2 ASHA CEUs. $675 ($405 repeat attendance). Call Jacquelin at 810-231-9042; info@jump-in-products.com or masgutovamethod.com.

MNRI Dysfunctional and Pathological Reflex Repatterning and Integration with Dawn Burnell-Powers • Sept. 28-Oct. 1, 9 a.m.-5 p.m. • This course dives deeper into why motor reflex patterns sometimes become dysfunctional and how to determine if a deeper pathology exists. Professionals, parents, and caregivers will learn how to make assessments using a two-level, sixteen-point rating scale to quantify reflex action and measure reflex dysfunction. Check prerequisites. $675 ($405 repeat attendance). Call Jacquelin at 810-231-9042; info@jump-in-products.com or masgutovamethod.com.

Acupuncture

Master Tung's Acupuncture for Pain with Robert Chu • Sept. 24-25, 9 a.m.-5 p.m. • This seminar provides an introduction to the treatment of pain using Master Tung's acupuncture points and methods. This clinically-oriented event is intended for professional acupuncturists. $350. Contact Henry at maaomstaff@gmail.com or michiganacupuncture.org/event-2179622.

Acupuncture Q &A with Bart Vermilya • Sept. 7, 6-7 p.m. • This workshop will explain a little history of acupuncture, how and why it works, and how it can help in cases of pain and disease. Concludes with a question and answer session. Free. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Free Acupuncture Open House with Ann Arbor Community Acupuncture • Oct. 8, 10 a.m.-3 p.m. • All are welcome for a free acupuncture treatment and to relax, ask questions about acupuncture, and enjoy snacks. Call Cheryl at 780-7253; info@annarborcommunityacupuncture.com or annarborcommunityacupuncture.com.

> *Adopt the pace of nature;*
> *her secret is patience.*
>
> *—Ralph W. Emerson*

Addiction and Recovery

Addiction 101 with Jim Balmer • Sept. 27, 7:30-9 p.m. • This program will examine the dynamics of alcohol and other drug use, review addiction as a brain disease, and provide an overview of the process of recovery from addiction. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

A Serenity Retreat for Women with Rose Celeste O'Connell • Pre-retreat Sept. 29-30, Retreat Sept. 30-Oct. 2 • Participants will share their experiences with strength and hope through the 12 steps of A.A. See website for prices. Call the Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Family Matters with Dawn Farm • Sept. 7, 14, 21, 28; Oct. 5, 12, 19, 26; Nov. 9, 16, 30; Dec. 7, 14, 21, 28; 6-7:15 p.m. • This is an educational event and skill-building support group for family members and loved ones of people struggling with or in recovery from alcohol or other drug addiction. Free. Call 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Positive Emotions and the Success of Alcoholics Anonymous with George Vaillant • Sept. 20, reception 6:30 p.m., presentation 7:30-9 p.m. • This presentation will share evidence-based, prospective longitudinal research on the efficacy of Alcoholics Anonymous (A.A.) and will suggest the mechanisms by which A.A. achieves results. Free. Call 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Paths In To and Paths Out Of Alcoholism with Dawn Farm • Sept. 21, reception 6:30 p.m., presentation 7:30-9 p.m. • The director of a Harvard research study following two cohorts of male alcoholics over 60 years will discuss evidence from the study that supports the efficacy of Alcoholics Anonymous in providing four proven ingredients for stable remission from addiction. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

The Intersectionality of Domestic Violence, Sexual Assault, and Substance Abuse with David Garvin and Barbara May • Oct. 20, 7:30-9 p.m. • This program will help attendees to recognize the relationship between domestic violence, sexual assault, and alcohol or other drug use in order to safely interrupt a perpetrator's behaviors and support a survivor. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Trauma and Chemical Use and Addiction with Tana Bridge • Oct. 25, 7:30-9 p.m. • This presentation by a trauma expert will review events involved with trauma exposure, trauma-specific symptomology, the impact trauma has on the brain, coping and subsequent substance use, and aiding individuals struggling with trauma and substance addiction. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Intervention to Durable Recovery with Debra and Jeff Jay • Nov. 15, reception 6:30 p.m., presentation 7:30-9 p.m. • This presentation by best-selling authors will describe effective techniques for doing an intervention and developing a family recovery team. Based on the books *Love First* and *It Takes a Family*. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

In Our Midst: The Opioid Epidemic and a Community Response with Stephen Strobbe • Nov. 22, 7:30-9 p.m. • Learn about the opioid epidemic across the country and how the local community is responding. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Collegiate Recovery Programs with Mary Jo Desprez: Supporting Second Chances • Nov. 29, 7:30-9 p.m. • Learn about national and local efforts to build recovery support programs on college campuses where students face risks for alcohol and other drug problems. Free. Call Mark at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/education-series.

Teens Using Drugs: What To Know and What To Do with Ray Dalton and Jules Cobbs • Oct. 4, 11, Nov. 1, 8; 7:30-9 p.m. • This series helps participants learn to understand, identify, and address adolescent alcohol and other drug problems. Targeted primarily to parents, inclusive of teens, other family members, professionals, and others interested. Free. Call Ray at 485-8725; info@dawnfarm.org or dawnfarm.org/programs/teens-using-drugs.

Animals and Pets

Canine Massage with Erica Knight • Sept. 21, Nov. 3; 6-7 p.m. • Erica will teach the benefits of massage for pets. Participants are encouraged to bring their dogs to enhance the learning experience. Weather permitting, the class will take place outside. $3. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

PetMassage Five-Day Foundation Workshop and Distance Learning Courses with Jonathan Rudiner • Sept. 22-26, Nov. 10-14 • Participants will learn the roadmap to creating and marketing a canine massage business, including the theory, techniques, vocabulary, culture, and vision of PetMassage. They will become aware of body mechanics, learn to understand and provide for diverse canine needs, learn complementary bodywork techniques, and understand basic dog anatomy and physiology. $1955. Call Anastasia at 800-779-1001; info@petmassage.com or petmessage.com.

Compassionate Feast with Humane Society of Huron Valley • Oct. 14, 6-9 p.m. • Eat, drink, and help animals! This event features vegetarian and vegan food, cocktails, silent auction, and entertainment. Proceeds will help animals in the local community. $150. Call Joy at 661-3536; joyj@hshv.org or hshv.org/feast.

Low Cost Pet Vaccination Clinic with Humane Society of Huron Valley • Sept. 10, Oct. 8, Nov. 12; 9-11 a.m. • These events offer affordable vaccinations, wellness testing, and prevention products for public cats and dogs to protect them from unnecessary illnesses. See website for prices. Call Sarah at 662-4365; clinic@hshv.org or hshv.org/clinic.

Animal Communication Basic Class with Judy Liu Ramsey • Oct. 21-23 • Learn how to communicate with animals and the way they communicate in a step-by-step, nurturing environment that helps participants discover their natural telepathic skills. $150 ($25 repeat students). Call 665-3202; ramsey.judy003@yahoo.com or hearttoheartanimalcommunication.net.

Aromatherapy and Essential Oils

Be Young Total Health: Aromatherapy and Essential Oils Seminar with Dana Young • Sept. 30-Oct. 1 • This two-day presentation of "Total Health" will focus on improving and maintaining a healthy immune system by using products with health benefits for the body. Dana is a walking encyclopedia on preventive healthcare. $45. Space limited, so call Barb to register at 517-914-4133; barbmcconnell7@gmail.com or beyoungth.com/partners/barbmcconnell.

Soap Making Using Essential Oils with Michigan Folk School • Nov. 19, 1:30-4:30 p.m. • Create beautiful smelling soaps and learn the skills to continue making them at home. In this class participants will learn about essential oil safety and production as well as common methods of use. They will explore the intensity of fragrance and Hedonic tone assessment, and mix their own unique perfume bouquet to take home. $59 tuition, $30 materials. Call Anne a 477-8943; astevenson@wccnet.edu.

Essential Oils of the Bible with Michelle McLemore • Dec. 7, 6-7 p.m. • This seminar will cover several of the 600 essential oils and herbs mentioned in the Bible and how they are still useful today. Free. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Art and Craft

Broommaking Workshop with Michigan Folk School • Dec. 3, 9 a.m.-12 p.m. • Discover the art of making handmade brooms. This class introduces broommaking materials and construction. Participants will learn how to use simple materials to make a real broom (whisk broom or pot-scrubber/cake-tester) for decorative or functional use. $49 tuition, $20 materials. Call Anne a 477-8943; astevenson@wccnet.edu.

Meditative Mandala with Michelle McLemore • Dec. 21, 6-8 p.m. • In this hands-on workshop, participants will learn the history of mandalas and create their own sacred mandalas infused with their intentions and energy. No art experience necessary. Mediums include colored pencil, sand painting, or acrylic on canvas. $25. Ages 12 and older. Please RSVP two days prior and specify desired medium. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Vision Board with Sacred Symbols with Karen Greenberg • Oct. 25, 6:30-9:30 p.m. • This workshop will help participants create vision boards using sacred symbols rather than the more typical process of creating vision boards from collaged magazine pictures. The process will draw from many philosophies, religions, and cultures; Greek and Hebrew alphabets; gods and goddesses; creation, destruction, death and rebirth cycles; portals between different worlds; astrological, ritual, and meditation devices and more. $55. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Being with Myself: Art Journaling with Susan Bloye and Mary Ledvina • Five Saturdays, Sept. 10-Oct. 8, 1:30-3:30 p.m. • This course is designed to help participants begin or expand their practice of art journaling and drop their fears of the blank page through collage, painting, stamping, mixed media, and lettering as they express their souls in their journals. $150. Call Mary at 646-9161; maryledvina@earthlink.net.

Energy Made Visible: Drawing from the Heart with Idelle Hammond-Sass • Sept. 17, Oct. 15; 1:30-4 p.m. • Participants will engage their imagination and intuition while developing their creative capacity through the Open Studio Process. They will use mixed media art materials and writing to access the process. $50 (includes materials). Call 741-4441; hammond_sass@msn.com.

A Look Within: Compassionate Self-Portraits with Idelle Hammond-Sass • Nov. 12, 1:30-4 p.m. • Participants will use mixed media to create an image that restores energy while embodying empathy and balance using the Open Studio Process. They will develop a creative practice to release stress and engage intuition. $65 (includes materials). Call 741-4441; hammond_sass@msn.com.

Discover SoulCollage! with Laura Seligman • Sept. 7, Oct. 30, Nov. 9, Nov. 13, Dec. 7; 1-4:30 p.m. • This workshop begins with creating a personal deck of collaged cards to reflect one's life and inner wisdom. Then participants will explore how the many facets of their personality, relationships, archetypes, and energetic dimensions impact their lives and how the personalized cards can bring more self-awareness, guidance, and transformation toward a richer and more creative life. For artists and non-artists alike. $45 (includes materials). Call 649-2777; lauraseligman@gmail.com or lauraseligman.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 118.

The Crazy Wisdom Calendar

Astrology

Drop-In Astrology Readings with Alia Wesala • Second and Fourth Saturdays, 3-6 p.m. at Crazy Wisdom • Alia provides brief astrological consultation sessions to individuals, couples, and families. $1.50 per minute. No appointment necessary. Call 719-0782; astrolibration@gmail.com.

The Astrology of Apparitions and Prophecies of the Blessed Mother with Debra Rozak • Sept. 24, 1:30-4 p.m. • In this workshop, participants will examine charts for apparitions and seers at famous historical locations, and the fulfillment of those predictions with pinpoint accuracy to actual historical events. Charts will also be shared for predictions made for this time period. Special attention will be given to Our Lady of Good Success from Quito, Ecuador. $20 (SMART members $15). Call Elizabeth at 419-242-1696; smartmich2010@gmail.com.

Astrology Workshop: Finding Your Path with Lighthouse Center • Sept. 24, 10 a.m.-4 p.m. • The Natal Astrology Chart shows the climate of the solar system at the moment of one's birth and it carries a theme of possibility. This workshop will show participants how to find and see what leads the narrative of their path's walk as they are guided through time in divine order. $35. Please send full birth date, city, state, and time of birth via email to smootfish@gmail.com by Sept. 20. For questions call Prachi at 645-2188; cprachi17@gmail.com or lighthousecenterinc.org.

Astrology Consultations with Richard and Victoria Smoot • Sept. 25, 1-4 p.m. • The Natal Astrology Chart shows the climate of the solar system at the moment of one's birth. The sun, moon, and planets, along with one's family, friends and experiences reflect and fill in the details of the chart. $75 for 45-minute consultation. Please provide full birth date, city, state, and time of birth via email to smootfish@gmail.com by Sept. 20. For questions call Prachi at 645-2188; cprachi17@gmail.com or lighthousecenterinc.org.

SMART Holiday Party • Dec. 3, 3:30-6:30 p.m. • Join this group for an annual holiday gathering. For meal cost call Elizabeth at 419-242-1696; smart2010@gmail.com.

Author Events

***My New Friend Grief: Reflections on Loss and Life* with Anna Hodges Oginsky • Sept. 11, 2:30-4:30 p.m.; Oct. 12 and Nov. 9, 6:30-8:30 p.m. in the Crazy Wisdom Community Room •** Join local author Anna Hodges Oginsky for a book signing and reading. She and special guest Tiffany Mazurek will open a discussion about grief, loss, and opportunities to make space for these experiences in life. Free. Call 517-927-6419; aoginsky@gmail.com or annaoginsky.com.

***Building a Healthy Economy From the Bottom Up: Harnessing Real World Experience for Transformative Change* with Anthony Flaccavento • Sept. 28, 6:30 p.m. in the Crazy Wisdom Community Room •** The author will present major themes and ideas of the book, including practical actions that people can take to help transform the economy and politics. Followed by a lively discussion and book signing. Free. Call 276-698-8956; flaccavento@ruralscale.com or bottomupeconomy.org.

***The Other Side of the Door: A How to Guide for Connecting with Loved Ones Who Have Crossed Over* with Patricia Fero • Oct. 4, 7 p.m. in the Crazy Wisdom Tea Room •** Patricia will share her adventure of connecting with her sister, Nene, who crossed over in 2004. In the next 12 years, Nene taught her how to connect and communicate with others beyond the veil. Patricia will share tools and techniques they developed to assist others in making their own connection. Free. Call 665-2757; rachel@crazywisdom.net.

***The Mindful Child* with Susan Kaiser Greenland and MC4ME • Sept. 9, 7:30-9 p.m. in the Crazy Wisdom Community Room •** This book discussion will be based on the best-selling book, *The Mindful Child: How to help your kid manage stress and become happier, kinder, and more compassionate*. Participants can meet the author and ask questions. Free. Call Kristin at 248-770-4782; info@mc4me.org or mc4me.org.

An Evening with Will Tuttle: *The World Peace Diet* • Sept. 13, 6 p.m. appetizers, 7 p.m. talk with book signing • Dr. Tuttle is a visionary speaker, educator, author, and musician. This event is sponsored by the Mindful Eating Team of UUAA and VegMichigan. Free. Call Angie at 945-7379; sulland@umich.edu, worldpeacediet.com, uuaa.org, or vegmichigan.org.

Book Discussion Groups

Crazy Wisdom Monthly Book Discussion • 7:30 p.m. in the Crazy Wisdom Community Room • The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book selections will be available at Crazy Wisdom Bookstore at a 30% discount. Discussion is free. Call 665-2757; rachel@crazywisdom.net or visit the Crazy Wisdom Monthly Book Discussion page on meetup.com.

Sept. 16 • *This Is Your Brain on Music: The Science of a Human Obsession* by Daniel Levitin, hosted by Rachel Pastiva • In this unprecedented meeting of art and science, rocker-turned-neuroscientist Daniel J. Levitin explores the connection between music and the human brain, and argues that music is fundamental to our species, perhaps even more so than language.

Oct. 24 • *Lies, Incorporated: The World of Post-Truth Politics* by Ari Rabin-Havt, hosted by Rachel Pastiva • Eye-opening and indispensable, this book takes an unflinching look at the powerful network of politicians and special interest groups that have launched coordinated assaults on the truth to shape American politics.

Nov. 18 • *Old Souls: Compelling Evidence from Children Who Remember Past Lives* by Tom Shroder, hosted by Bill Zirinsky • For 37 years, Dr. Ian Stevenson has traveled the world investigating and documenting more than two thousand cases of children who remember past lives. Now, his essentially unknown work is being brought into the mainstream by Tom Shroder, the first journalist to accompany Shroder in his fieldwork. Shroder changes from skeptic to believer as he comes face-to-face with concrete evidence that he cannot discount in this spellbinding true story.

Dec. 16 • *A Ceremony Called Life* by Tehya Sky, hosted by Rachel Pastiva • When we gather in ceremony to welcome a newborn, celebrate a marriage, or bid farewell to those we've lost, we are fully present to our experience and in touch with the deep meaning that feeds our souls. This book invites readers to imagine how our lives might change if we brought the same loving attention to every "ordinary" moment.

Jewel Heart Readers • Sept. 13, Oct. 11, Nov. 15, Dec. 13; 7-8:30 p.m. • All are welcome to enjoy a lively discussion on monthly dharma-related book selections with fellow sangha. Free. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.

Lift Your Spirit Book Club with Debra Williams • Oct. 17, Dec. 5; 6-7:30 p.m. • This group gathers to read, explore, and discuss uplifting books for inspiration and empowerment. Donations accepted. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Bodywork

A Touch of Thai Massage with Tatianah Thunberg and Kelly Kempter • Second Tuesdays, 6:30-8:30 p.m. • Participants will learn the potent floor-based healing art practice of Thai yoga massage that uses body weight and gravity to apply pressure. Participants will gain confidence with using a wide variety of stretching techniques using breath and movement to create a safe environment of healing touch for both giver and receiver according to monthly themes. No experience necessary. $25 ($20 in advance). Call Kelly at 223-4156; sacredbreathhealingstudies@gmail.com or sacredbreathhealingstudies.blogspot.com.

Are You Losing the War with Gravity? An Introduction to Rolf Structural Integration with Robert Auerbach • Sept. 29, Oct. 20; 7-9 p.m. • This workshop helps participants explore how the impact from injuries, emotional traumas, and belief systems gets stored in the body's connective tissue and organized into chronologically frozen postures. Rolf Structural Integration bodywork can reverse these patterns, improve mobility, deepen breathing, and increase flexibility. Donations accepted. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Deep Diving with Ho'oponopono with Robert Auerbach • Nov. 17, 7-9 p.m. • This workshop enables participants to work with a Hawaiian forgiveness process to explore and release limiting life stories and illusions of duality and separateness that lie behind them. $30. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Breathwork

Consciousness Rising Breathwork/Meditation with Dave and Pat Krajovic • Sept. 9, Oct. 17, Nov. 14.; 10:30 a.m.-12 p.m., • This workshop will combine group energies with meditation and conscious breathing to expel stress, uplift the spirit, and bring more joy and peace. Includes invocations, choreographed music, guided meditation, affirmations, and personal hands-on facilitation. $25. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Transformational Breath Experiential Evening Workshops with Julie Wolcott and Marcia Bailey • Sept. 12, Oct. 4, 12; 7-9 p.m. • This workshop will present the benefits of the breath process and then lead participants through setting an intention, experiencing a full breath session, and ending with integration. The work may provide new awareness, physical and emotional healing, clarity, and joy through circular, connected breathing. First timers come one hour early for overview. $40/session ($30 for repeaters). Call Julie at 355-1671; info@BreatheAnnArbor.com or BreatheAnnArbor.com.

The Presence Process Revisited: All-Day Workshop with Julie Wolcott and Marcia Bailey • Nov. 12, 10 a.m.-5 p.m. • The theme of the day will be seeing with the eyes of the heart. Participants will experience two full 60-minute Transformational Breath sessions with time for sharing, and explore the gifts of Michael Brown, author of *The Presence Process*. First timers come one hour early for overview. $100 ($90 for experienced Transformational Breathers). Lunch included. Call Julie at 355-1671; info@BreatheAnnArbor.com or BreatheAnnArbor.com.

On September 1, 2016, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

Author Q&A:

A Conversation with Mimi Baird, Author of *He Wanted the Moon: The Madness and Medical Genius of Dr. Perry Baird, and His Daughter's Quest to Know Him*

By Rachel Pastiva

Mimi Baird was only six years old when her father, Dr. Perry Baird, disappeared from her life. Told only that he was "sick" or "away," her mother quickly remarried and put the past behind them. Growing up she learned that her father suffered from manic depression, but it wasn't until 50 years later, when a manuscript written by her father showed up at her front door, that she discovered the struggles he faced suffering from a poorly understood disease in the 1940s and his contribution to the study of bipolar disorder. In He Wanted the Moon*, Mimi shares his story, and hers. A graduate of Colby-Sawyer College, Mimi worked at the Harvard Graduate School of Education until moving to Woodstock, Vermont, where she worked as an office manager at the Dartmouth-Hitchcock Medical Center. Mimi has two children and four grandchildren. This is her first book.*

Rachel Pastiva: I imagine it was an overwhelming experience to read your father's manuscript 50 years after he disappeared from your life. What was the first thing that struck you while reading through it?

Mimi Baird: As I gazed upon those 1,172 pieces of delicate paper, the sight of my father's handwriting was overwhelming. The pages were proof that he actually had been alive. The absence of my father, without adequate explanation, allowed me to think he was never coming back. But he did come back, just in a different form.

RP: How do you think including your father's medical records among his own writing impacts the understanding of his experience?

Mimi Baird: Because my father was unmedicated, his thinking and writing are pure manic in expression. He may write something that he thought was happening when in essence it was the complete opposite. Therefore, the medical records allow the reader to have a clear view of the manic mind with its swings of emotion and extreme activity. This book could be an important tool for freshman medical students when confronted with this type of illness.

> *Growing up she learned that her father suffered from manic depression, but it wasn't until 50 years later, when a manuscript written by her father showed up at her front door, that she discovered the struggles he faced suffering from a poorly understood disease in the 1940s and his contribution to the study of bipolar disorder.*

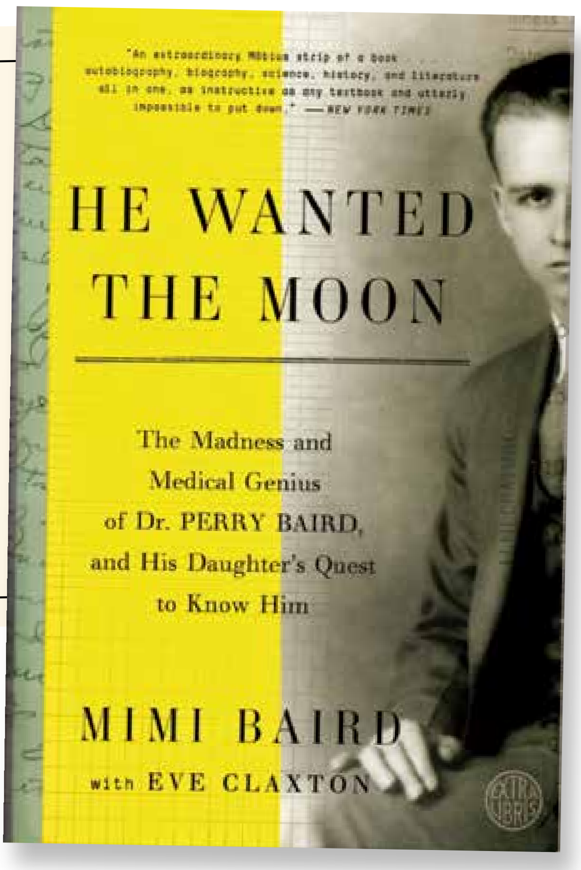
RP: You briefly mention the potential link between genius and mental illness, referencing Kay Redfield Jamison's *Touched by Fire*. Your father was a highly intelligent, forward thinking, passionate, and persistent man. Do you think these qualities were somehow connected to his manic depression?

Mimi Baird: Absolutely. Many talented people from all walks of life and interests have a touch of mania in some form. One of the problems with taking medication nowadays is that a person likes being in the exciting land of a manic episode, and, therefore, won't take their prescriptions. This can sometimes lead to uncontrollable behavior.

RP: How do you think the public would've received your father's book had he been able to publish it in the 1940s?

Mimi Baird: It would have been difficult. My father was smart and charming, but he was also scary and unpredictable. New England was still in the iron grip of the Freudian philosophy dictating that mental illness was psychological. My father's generation, as well as generations before that, did not like to talk about unseemly things. My father's plight was something one simply did not talk about. This is why my father was eventually abandoned by his friends and colleagues.

> *"As I gazed upon those 1,172 pieces of delicate paper, the sight of my father's handwriting was overwhelming. The pages were proof that he actually had been alive. The absence of my father, without adequate explanation, allowed me to think he was never coming back. But he did come back, just in a different form."*


"An extraordinary Möbius strip of a book autobiography, biography, science, history, and literature all in one, as instructive as any textbook and utterly impossible to put down." —NEW YORK TIMES
HE WANTED THE MOON
The Madness and Medical Genius of Dr. PERRY BAIRD, and His Daughter's Quest to Know Him
MIMI BAIRD
with EVE CLAXTON
EXTRA LIBRIS

RP: How do you think society's view of mental illness has changed since your father's experience?

Mimi Baird: I am not a professional, but I do sense an increase in awareness and understanding on the part of the general public towards the mentally ill. Talking about this problem is done more freely and with more compassion. However, there is still fear and stigma about this disease, and silence still prevails in families stricken with this health problem. The care of the mentally ill is marginal in many states, and some ancient methods are still used in handling distraught patients. Progress is essential. I hope my father's manuscript will help lead to desperately needed mental health care and reform.

RP: I was excited to see that it was a University of Michigan doctor, Dr. Elliot Valenstein, who first publicly acknowledged your father's important contribution to the study of manic depression. Has the medical community embraced your father's contribution?

> *"One of my goals in writing the book is to restore my father's place in medical history. He was a pioneer in the research he conducted regarding the concept that manic depressive psychosis was physiological, not psychological."*

Mimi Baird: *He Wanted the Moon* is slowly making its way into the medical community. Speaking at Vanderbilt University and the annual meeting of the American Psychiatric Association are two recent examples. One of my goals in writing the book is to restore my father's place in medical history. He was a pioneer in the research he conducted regarding the concept that manic depressive psychosis was physiological, not psychological. Coming to visit the Heinz C. Prechter Bipolar Research Fund at the University of Michigan this October is a huge honor and will enhance my quest.

RP: Preparing your father's story for publication was a decades' long labor of love, and now you continue to support his experience through speaking engagements. What has this process taught you about the bond between a father and daughter?

Mimi Baird: It is never too late to re-establish a relationship with a parent even if they are estranged or deceased. At some point that connection was strong and lingers in our cellular memory. I encourage people to try and confront past differences with a parent. Ask questions and conduct research. You will enter your later years as a more contended and peaceful person.

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He Wanted the Moon: The Madness and Medical Genius of Dr. Perry Baird, and His Daughter's Quest to Know Him *is available at Crazy Wisdom for $16.*

Mimi Baird will be featured at the **10th Annual Prechter Lecture** at the University of Michigan's Kahn Auditorium, at the A. Alfred Taubman Biomedical Science Research Building on **Wednesday, October 19, from 6 p.m. to 9 p.m. Visit prechterfund.org for more information.**

The Crazy Wisdom Calendar

Laura Seligman *is an artist and SoulCollage® facilitator. SoulCollage® is a creative collage process that involves making your own deck of cards — each collage card representing one aspect of your personality or soul. For more information on workshops being held this fall, see Art and Craft on page 89.*

Breathwork (cont.)

Integrative Breathwork with Linda Adamcz • Sept. 24, Oct. 22, Nov. 19, Dec. 10; 10 a.m.-5 p.m. • This musical journey for insight, emotional healing, creativity, and renewal may assist with life changes, grief and loss, job stress, burnout, trauma and abuse, depression, and addictions in order to help find peace, joy, meaning, and purpose. $70. Call 269-388-2988; lindaadamcz@gmail.com or AdamczAssociates.com.

Integrative Breathwork with Linda Adamcz and Lighthouse Center • Oct. 14; 6 p.m.-9 p.m. • This musical journey for insight, emotional healing, creativity, and renewal may assist with life changes, grief and loss, job stress, burnout, trauma and abuse, depression, and addictions in order to help find peace, joy, meaning, and purpose. $45. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

How to Realize Your Highest Potential and Beyond with Dave and Pat Krajovic • Sept. 26, 6:30-8:30 p.m. • Participants will learn how breath mastery can change their lives. They may become open to a whole new way of being in the world where they can stop reacting and start creating the life they really want. $33. Call 416-5200; relax@bodyworkshealingcenter.com, BodyWorksHealingCenter.com, or ascensionbreathing.com.

Buddhism

Sundays with Gelek Rimpoche • Sept. 4- Dec. 18, 11 a.m.-12 p.m. • Weekly Sunday morning talks by Gelek Rimpoche. Speaking from Ann Arbor, New York, and other locations, these talks will also be live video webcast. Open to all. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

Introduction to Tibetan Buddhist Meditation with Jewel Heart • Mondays, Sept. 12-Nov. 7, 7- 8:30 p.m. • This class will present meditation as tool that helps to develop focus, stability, insight, and understanding. In addition to the more commonly known concentration methods, participants will also experience analytical and visualization meditations. $80 (free with mentioning the *Crazy Wisdom Community Journal*). Call 994-3387; programs@jewelheart.org or jewelheart.org.

White Tara Meditation Sessions at Jewel Heart • Sundays, Sept. 4-Dec. 18, 9:45-10:45 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity and particularly associated with healing and long life. This guided meditation will use visualization techniques to overcome physical, mental, and emotional suffering. Free (donations welcome). Call 994-3387; programs@jewelheart.org or jewelheart.org.

SEM: Nature of Mind with Jewel Heart • Thursdays, Oct. 13-Dec. 8, 7-8:30 p.m. • Based on teachings delivered by Gelek Rimpoche on the nature of mind, this course addresses the relationship between energy and mind, the mind's capacity for liberation and wisdom, and continuity of consciousness. Open to all. Offered online. Sliding scale $50-75. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Aryadeva's 400 Stanzas on the Middle Way with Geshe Yeshe Thabkhe • Sept. 9-11 • Aryadeva's poetic verses illuminate how to rely on positive action, reduce disturbing emotions, and understand the true nature of reality. Sliding scale $50-75. Call 994-3387; programs@jewelheart.org or jewelheart.org.

The First Wednesday Series with Lama Nancy Burks at Karma Thegsum Choling • First Wednesdays, 7:30 p.m. • A series of public talks on working with the mind through meditation. Topics include vipassana meditation, the seven-point mind training, deity visualization, and deepening a meditation practice. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Meditation Workshop: The Seven-Point Mind Training with Karma Thegsum Choling • Oct. 15, 10 a.m.-4 p.m. • The seven-point mind training, or lojong, is a technique for developing insight and inherent compassion using specific meditations and intentions. Participants will receive instruction on post-meditation practices to use day or night. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Introduction to Tranquility Meditation with Karma Thegsum Choling • Oct. 30, 10 a.m.-12 p.m. • This class is for those considering a Buddhist path or those who simply want to learn meditation for the benefits of mindfulness, stability, and awareness. This session provides tools to develop a regular sitting meditation practice. Free (donations accepted). Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Introduction to Buddhist Chanting Meditation: Chenrezig, the Bodhisattva of Compassion with Karma Thegsum Choling • Oct. 9, Nov. 13, Dec. 11; 10 a.m.-11 a.m. • For those new to chanting and visualization meditation, Lama Nancy Burks aims to make this form clear and accessible. This is an introduction to the practice of Chenrezig, Lord of Love and his mantra, Om Mani Peme Hung. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Meditative Visualization Workshop: Chenrezig Practice with Ann Arbor Karma Thegsum Choling • Nov. 19-20, 10 a.m.-4 p.m. • This weekend will cover deity meditation, the Chenrezig text, and visualizations that accompany the text. Participants will recite the mantra, dissolve the visualization, and allow the mind to rest in its natural state. Free. Call Pat at 678-7549; aaktc@yahoo.com or annarborktc.org.

Introductory Zen Meditation Course with Zen Buddhist Temple • Thursdays, Sept. 8-Oct. 13, 6:15-8:30 p.m. • The viewpoint of Zen is that life lived fully in each moment is the end and purpose in itself, not the means for something else. This course takes place in the temple's meditation hall and includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 ($120 for students). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Walks to Feed the Hungry with Zen Buddhist Temple • Oct. 1, 9:30 a.m.- 1 p.m. • This walk, sponsored by the Buddhist Global Relief, brings together Buddhists from different communities to help people around the world escape from chronic hunger and malnutrition. Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Overnight Introductory Meditation Course with Zen Buddhist Temple • Nov. 18-19 • Designed for those unable to take the Thursday evening course because of schedule or distance. This weekend takes place in the temple's meditation hall and includes simple stretching exercises, work with the breath, meditation postures, concentration, and mindfulness practice. $160 ($120 for students). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Ceremonies, Celebrations, and Rituals

Celebrating our Fullness: Full Moon Gatherings • Sept. 16, 7-9:30 p.m.; Oct. 16, Nov. 14, and Dec. 14, 6:30-8 p.m. • Participants will come together monthly on the full moon to sing, dance, play games, eat, socialize, do experiential exercises, or share deeply as they feel guided. Although this container has the general format of a women's circle, with the rhythm of the moon and the energy of the Divine Feminine as its base, all genders are welcome. Suggested donation $10. Contact Mara at sophiaunfolds@gmail.com or sophiaunfolds.com.

Autumnal Equinox Celebration with Michigan Friends Center • Sept. 22, potluck 6-7 p.m., bonfire 7-9 p.m. • All ages are welcome to celebrate the balance of day and night with a potluck dinner followed by a bonfire. Bring food to share, a personal place setting, a flashlight, and a verse, song, or story about the meaning of this season. Water and herbal iced tea will be provided. Free. Call 475-1892; manager@mfcenter.org; mfcenter.org.

Autumn Equinox with Esther Kennedy • Sept. 25, 3-4:30 p.m. • Participants will gather to prepare for the full-colored beauty of autumn and to express gratitude for the abundance of earth. Donations encouraged, registration requested. Call the Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

All Souls' Day/Day of the Dead Interfaith Gathering with Jeanne Mackey • Oct. 30, 6-8:30 p.m. • Through music, a meal, and ceremony, this interfaith gathering will remember and honor those who have passed. Please bring a dish to pass and a photo or memento of lost loved ones. Vegetarian stew and tea provided. Open to all. Suggested donation $5. Call 546-0243; jmackey50@gmail.com or umich.edu/~mackeyj.

Thanksgiving Eve Meditation with Lighthouse Center • Nov. 23, gathering 7 p.m., meditation 7:30-8:30 p.m. • This event involves mantra meditation of gratitude and thanksgiving for all blessings, challenges, and lessons. Vegan potluck follows, no need to bring anything. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Christmas Eve Meditation with Lighthouse Center • Dec. 24, gathering 6 p.m., meditation 6:30-7:30 p.m. • This event involves meditation and Christmas carols celebrating the birth of Christ and the Christ Light within everyone. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

New Year's Eve Meditation with Lighthouse Center • Dec. 31, gathering 11 p.m., meditation 11:30 p.m.-12:30 a.m. • Bring in the new year in the highest vibration, meditating together to release the old and welcome the new for 2017. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Winter Solstice Community Event with In Sacred Balance • Dec. 17, 5 p.m. • This is an annual family-friendly celebration of the season with song, stories, and community. Adults $20, Teens $10, free for those under age 12. Call ShuNahSii at 761-9148; shunahsii@insacredbalance.com or insacredbalance.com.

Winter Solstice with Esther Kennedy • Dec. 18, 3-4:30 p.m. • Participants will gather to honor this season of watching, waiting, and trusting the light that will shine clearly in the darkness. Donations encouraged, registration requested. Call the Weber Center at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/Registration.aspx.

Winter Solstice Sing with Michigan Friends Center • Dec. 21, 7-9 p.m. • Participants will form a circle in the woods to focus on inner light and to teach each other rounds, songs, and chants of the season. No singing experience necessary.
All ages are welcome, but children typically do not enjoy the event as singing and sitting are the only activities. Free. Call 475-1892; manager@mfcenter.org; mfcenter.org.

Christmas Satsanga and Meditation with Self Realization Meditation Healing Centre • Dec. 25, 10:15 a.m. • All faiths are welcome to share in song-chants, inspired thoughts, and Mata Yogananda Mahasaya Dharma's Christmas message and blessing, followed by Pure Meditation and Silent Prayer. Free. Call 517-641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Year-End Service: Kindling Light of Wisdom-Mind with Zen Buddhist Temple • Dec. 31, 8-10 p.m. • An occasion to take stock of one's life and to greet the new year in contemplation and reflection. Everyone is welcome to share this beautiful candle-lighting service. $10 donation. Call 761-6520; annarbor@zenbuddhisttemple.org.

New Year's Day Service with Zen Buddhist Temple • Jan. 1, 11:30 a.m. • All are welcome to begin the new year together. Call 761-6520; annarbor@zenbuddhisttemple.org.

The way to become one with the universe is to trust it.

CRAZY WISDOM POETRY SERIES

Crazy Wisdom Tea Room hosted by Joe Kelty and Ed Morin

Second and Fourth Wednesday of each month, 7-9 p.m.

Second Wednesdays, 7-9 p.m.: Poetry Workshop at Crazy Wisdom Tearoom. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

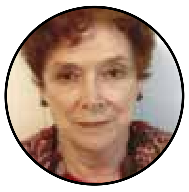
Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

Crazy Wisdom Poetry Series Featured Readers

Sept. 28 - Leah Zazulyer has published her poetry in *The World Is a Wedding*, *Round Trip Year*, and *Songs the Zazulya Sang*. She will read from *As Long As We Are Not Alone*, her new book of translations from Yiddish by poet Israel Emiot, a Soviet refugee who lived in the U.S. until 1978.

and

Mitzi Alvin is author of poetry collections, *Evidence to the Contrary* and *Again*. She has had poems in *Passager*, *Great Midwestern Quarterly*, *Peninsula Poets*, and *Abandon Automobile*—poems celebrating Deroit's 300th Anniversary. Her poems are "jewels of loss and renewal that stir the heart and mind with their quiet ardor."



Oct. 26 - Robert Haight was born in Detroit and has published three poetry collections: *Feeding Wild Birds*, *Emergences and Spinner Falls*, and *Water Music*. His essays and articles on fly fishing, the environment, education and spirituality have appeared in many anthologies and magazines. He teaches at Kalamazoo Valley Community College.

and

Joy Gaines-Friedler has poems published in over 50 national and international literary journals. A Pushcart nominee, she has received many awards, including The Litchfield Review Poetry Prize. Author of two full-length collections, *Like Vapor* and *Dutiful Heart,* Joy teaches creative writing for non-profits in the Detroit area and throughout Michigan.

Nov. 30 - Bob Brill writes fiction and poetry. His novellas, short stories and 150 poems have appeared in over 45 print journals, online magazines, and anthologies. His most recent publications are 2 poems in *Water Music: The Great Lakes State Poetry Anthology*, and his first book of poems, *Hello Goodbye, Selected Poems*.

and

Marilyn Churchill is a visual artist and poet who packs stunning pictures and words into her new book *Memory Stones*. Her poetry has been published in many journals, most recently in *Third Wednesday* and *Peninsula Poets*, and she has won prizes for poetry and fiction in *Current Magazine* contests.

The Poetry Series is open to all. There is never a charge.

Crazy Wisdom Bookstore
114 S. Main St., Ann Arbor
734.665.2757 crazywisdom.net
cwpoetrycircle.tumblr.com

The Crazy Wisdom Calendar

Channeling

The Gathering with Karlta Zarley • Sept. 20, Oct. 25, Nov. 16, Dec. 13; 7-9 p.m. • Participants will share a channeled message from spirit about what is happening in the world and how to shift energy so that humanity can move forward along ascension pathways easily. Time for questions and answers, and personal messages may also come through. Participants are welcome to drop in at any time. Suggested donation $10. Call Eden at 904-0076; kzarley88@gmail.com.

Evenings with Barbara Brodsky and Aaron • Sept. 14, Oct. 12, Nov. 9, Dec. 14; 7-9 p.m. • Aaron will offer talks channeled by Barbara Brodsky on topics such as vipassana and pure awareness meditation, working with inner guidance, and supporting changes in both physical and spiritual bodies through work with body energy, the elements, sound, and open heart. Donation requested. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Remembering Wholeness with Barbara Brodsky and the Mother • Sept. 11, Oct. 16, and Dec. 11, 2 p.m.; Nov. 6, 3 p.m. • Energy sharing (darshan) with the Mother is channeled through Barbara Brodsky and provides an interaction between the human and the divine, which focuses and draws upon the consciousness of the human as the Mother takes each person's hands and looks into his or her eyes. Donation requested. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Chanting

Guru Gita with Atmaram Chaitanya • Saturdays, 10-11 a.m. • The Guru Gita is a devotional chant from the Skanda Purana on the esoteric significance of the guru and the guru-disciple relationship. Guests are invited to bring a small photo or murti of their guru to place on the altar during the program. Chanting books are provided. Free. Call 883-6947; atmaran@kashinivas.org or kashinivas.org.

Chanting with Ann Arbor Kirtan • Sept. 16, Oct. 14, and Nov. 18, 7:30-9:30 p.m.; Dec. 10, 6:30-9:30 p.m. • This event is an informal evening of yogic and Sanskrit chanting. Kirtan is a participatory call and response, cross-cultural music experience that incorporates the audience into the performance. $5 donation. Call Kashi at 883-6947; kashi@kashinivas.org or kirtanannarbor.org.

Chanting, Pure Meditation, and Silent Prayer with Self Realization Meditation Healing Centre • Fridays. 8:15 p.m. • People of all faiths, meditation practices, and traditions are welcome to participate in chanting (in English) to open the heart and go deeper into peace and stillness. Followed by Pure Meditation and Silent Prayer with Winged Prayer for those in need. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Childbirth

Labor Support Crash Course with Ariana Riegel and Katy Gladwin • Oct. 2, 2-5 p.m. • This class is intended to equip the support team (soon-to-be grandmother, sister, best friend) with tools to help the laboring mother and inspire confidence in decision-making throughout the process. Free. Call 288-7784; katy@sacredrootsservices.com or sacredrootservces.com.

Rebozo Connection with Bridgette Becker • Nov. 5, 10 a.m.-4 p.m. • This course covers the use of rebozo for pregnancy, labor, childbirth, and beyond. It brings partners together during labor and facilitates the magical connection that occurs during birth. $120. Call 288-7784; katy@sacredrootsservices.com or sacredrootservces.com.

Birth and Baby with Katy Gladwin • Starts Oct. 4 or Oct. 27 • This three or six-week series covers birth and baby basics. The birth and postpartum segments provide nonjudgmental, practical wisdom and a chance to connect with other expecting parents. $290. Call Deb at 609-1841; contact@debrhizal.com or pregnancyarts.com.

Prepare for Homebirth! Childbirth Education with Cynthia Gabriel • Fridays, Oct. 7-Nov. 11, 12-1:30 p.m., and Saturday, Nov. 19, 9 a.m.-5 p.m. • This class is aimed at women and families who are planning a homebirth with a midwife. Participants will learn about stages of labor, positioning, natural relief methods, and postpartum healing. Hospital birth issues, including transfer, will be covered in a homebirth-friendly manner. $250. Call 929-7317; motherearthbirth@yahoo.com or thebirthmuse.wordpress.com.

Natural Hospital Birth with Cynthia Gabriel • Fridays, Sept. 16- Oct. 21, 9:30-11 a.m. or Saturday, Oct. 22, 9 a.m.-5 p.m. • This class is for women and families who are planning a natural hospital birth. It is perfect for first-time mothers and mothers who had medical interventions in a previous birth that they are hoping to avoid. Hospital-specific and hospital-friendly strategies will be covered to build a positive birth team. $250. Call 929-7317; motherearthbirth@yahoo.com or thebirthmuse.wordpress.com.

Ready for Birth with Center for the Childbearing Year • Tuesdays, Oct. 4-Nov. 8, 6:30-9 p.m. • Navigate the birth journey with confidence by learning natural approaches to pain management, support techniques, and comfort measures (how partners can help). $275/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Ready for Birth Condensed Class with Center for the Childbearing Year • Sept. 14 and Oct. 1; 9:30 a.m.-1 p.m. or Nov. 15, 22, and 29; 6:30-9 p.m., or Dec. 17, 9:30 a.m.-4:30 p.m. • This interactive, hands-on class is perfect for couples with busy schedules or those seeking a refresher class. Learn natural approaches to pain management, support techniques, comfort measures, and tips for smoothing recovery and adjustment postpartum. $175/couple. Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics and Caring for Your Newborn with Center for the Childbearing Year • Oct. 15, Dec. 3; 9:30 a.m.-4:30 p.m. • This hands-on class is designed to guide new parents through their choices and teach skills to start strong with breastfeeding and caring for newborns. Take the full-day workshop or choose Breastfeeding Basics in the morning (topics include reading hunger cues, latching and positioning, and how often and how long to nurse) or Newborn Care in the afternoon (topics include techniques to calm a newborn, baby wearing, diapering options, and bathing). $100/couple for the full day, $60/couple for a half day. Call 663-1523; patty@center4cby.com or center4cby.com.

Top Seven Questions about Becoming a Doula: Monthly Teleseminar with Patty Brennan • Sept. 12, Oct. 3, Nov. 14, Dec. 5; 8-9 p.m. • Doula business expert and author of *The Doula Business Guide* will host an interactive conference call for anyone wanting to learn about doula training, career paths, the "on call" lifestyle, blending doula work and family life, the viability of doula businesses, and more. Free. Preregistration required. Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Birth Doula Workshop with Patty Brennan • Nov. 4-6, 8:30 a.m.-6 p.m. • This workshop prepares participants to become professional doulas through hands-on training that fulfills two certifications requirements through DONA International. Neither motherhood nor a medical background is necessary to become a doula—just a passion for birth and the desire to support moms. $520 ($470 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Breastfeeding Basics for Doulas with Barbara Robertson • Nov. 3, 6-9:15 p.m. • Learn the latest in evidence-based breastfeeding support from a lactation expert. This class will enhance a doula's ability to assist breastfeeding mothers immediately post-birth and in the early days postpartum, and it fulfills a DONA International certification requirement for doulas. $70 ($55 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

DONA Postpartum Doula Workshop with Patty Brennan and Guest Instructors • Oct. 6-9, 8:30 a.m.-6 p.m. • Turn your passion for helping moms, babies, and new families into a profitable career by becoming a professional postpartum doula. This course prepares participants to provide in-home care to families in the postpartum period by focusing on breastfeeding support, baby wearing basics, support strategies for depressed moms, working with families with multiples, and more. This training fulfills two certification requirements for postpartum doulas through DONA International. $593 ($565 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

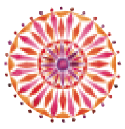
Dancing for Birth with Whitney Kolongowski • Thursdays, Sept. 1-Oct. 20, 6:45-8:15 p.m.; Sundays, Oct. 16-Dec. 11, 1:30-3 p.m.; Wednesdays, Oct. 26-Dec. 14, 6:45-8:15 p.m. • This class is a fusion of pre/postnatal fitness, birth preparation, and support circle. Laugh, move, and get endorphins flowing while learning moves that open the pelvis and help baby settle into a good birthing position. New moms can wear their babies and keep dancing. First class free; $25/class for drop-in; $127 for six-week series. Call 663-1523; patty@center4cby.com or center4cby.com.

Children and Young Adults

Complete listings for children and young adults are found in the Events Calendar for Kids section on page 86. This section is devoted to events for children and young adults along with their families.

Fairy Tea in the Crazy Wisdom Tea Room • Oct. 27, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for a magical time with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are $11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at jessicameyer@crazywisdom.net.

Fireside Fun: A Good Old-Fashioned Campfire Circle with Leslie Science and Nature Center • Sept. 18, Nov. 20; 6:30-8 p.m. • Families can enjoy a relaxing campfire while roasting marshmallows and swapping stories. Bring camp chairs, and s'mores fixings. LSNC will provide the campfire and marshmallows. Free. Call 997-1553; info@lesliesnc.org or lesliesnc.org.



It is the light that urges the flower
to open its heart to the world.

Intuitive Children Gathering with Christina DePugh • Sept. 19, Oct. 17, Nov. 21, Dec. 19; 6-8 p.m. • Parents of intuitive children come together to discuss experiences, find encouragement, and learn techniques to help their intuitive children flourish. Children are welcome; healthy snacks and activities will be provided. Donation $5-10. Call 968-9723; christina@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

The Teening Path with Conscious Rites • Sept. 10, 24, Oct. 15, Nov. 12, 13 • This contemporary coming-of-age program is a three-month journey that pre-teens (ages 11-14) and their parents or important adults can take together. It is a rite of passage that provides parents and their children with tools to make this transition safe, healthy, happy, and connected. $199 per child. Contact info@consciousrites.org or consciousrites.org.

Chiropractic

BGI Informational Talk with Diane Babalas • Sept. 10, Nov. 12; 2-3 p.m. • Bio-Geometric Integration is a powerful mode of chiropractic utilizing the sacred geometry of the body for healing. Free. Call 239-6060; gatewaychiropractic.com.

Christian Mysticism

Pondering the Prayer Practices of Contemporary Mystics with Arlene Kosmatka • Sept. 23-24 • Participants will ponder the prayer practices of twentieth century mystics and reflect on their own lives of prayer and action for inspiration to live more faithfully to personal mystical calls. Call the Weber Center for rates at 517-266-4000; webercenter@adriandominicans.org or weber.adriandominicans.org/registration.aspx

> *The inspiration you seek is already within you. Be silent and listen.*
>
> —RUMI

Chronic Pain and Illness

Gokhale Method Workshop with Alejandro Macias • Sept. 17, 7 p.m.; Sept. 19, 6:30 p.m.; Sept. 25, 2 p.m.; Oct. 25, 7 p.m.; Nov. 8, 7 p.m. • This workshop explores the root cause of back pain, joint issues, knee and neck problems that are so prevalent in modern society. Many of these issues come from poor body posture, so the good news is that restoring natural posture and recovering health are possible. Begin a journey to becoming pain-free! Free. Call 616-264-1192; alejandro@gokhalemethod.com or gokhalemethod.com.

A Course in Miracles

***A Course in Miracles* Study Group with Lorri Coburn • Thursdays, 12-1:30 p.m. •** All are welcome to study in a non-dualistic interpretation of *A Course in Miracles*. Free. Call 646-6585; lorri.coburn@gmail.com or lorricoburn.com.

Crystals

Stones to Alleviate Stress with Jennifer Vanderwal • Sept. 11, 11 a.m.-1 p.m. • Stress is the root cause of almost any illness. Learn which stones are beneficial for alleviating stress and ways to use the stones including on pressure points, constructing healing crystal arrays, and aromatherapy. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Stones to Enhance Communication with Our Guides with Jennifer Vanderwal • Oct. 2, 11 a.m.-1 p.m. • The high vibration of certain crystals can help bridge the gap between realms. Learn how crystals can enhance communication with guides as well as techniques to use the stones, including crystal healing arrays, affirmations, aromatherapy, and guided meditation. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Melody Crystal Healing Level One with Jennifer Vanderwal • Sept. 18, 25; 11 a.m.-6 p.m. • This workshop teaches how to use laser wands, balance chakras, lay on stones, perform negative energy elimination, and do a variety of healing crystal arrays in order to amplify energy and enhance life in many ways. Certification upon successful completion of Levels 1 and 2. $250. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Melody Crystal Healing Level Two with Jennifer Vanderwal • Nov. 13, 27; 11 a.m.-6 p.m. • This workshop provides insight into the magic and mystery of healing crystals. Includes construction of arrays, clearing energy meridians, past life ascensions, manifesting, soul journeying, healing, and more. Certification upon successful completion of Levels 1 and 2. $250. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Using Crystals to Heal with Jennifer Vanderwal • Nov. 20, 11 a.m.-1 p.m. • Learn which high vibration stones can assist in healing low vibration illnesses. Participants will practice using stones with crystal arrays, affirmations, aromatherapy, and guided meditation. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Crystals for Empaths with Jennifer Vanderwal • Dec. 4, 11 a.m.-1 p.m. • Learn what it means to be empathic and how to enrich your life by becoming more empathic. Participants will identify and discuss crystals that can benefit empaths and learn techniques for using those crystals. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Death and Dying

Death Cafe with Merilynne Rush and Diana Cramer • Sept. 17, Oct. 15, Nov. 19, Dec. 17.; 10 a.m.-12 p.m. in the Crazy Wisdom Community Room • Eat cake, drink tea, and talk about death. Conversation led by participants with no agenda other than to listen and share. All are welcome. Free. Call Merilynne at 395-9660; mrush@afterdeathhomecare.com or afterdeathhomecare.com.

End-of-Life Doula Training with Merilynne Rush and Patty Brennan • Nov. 18, 19; 8:30 a.m.-5 p.m. • End-of-life doulas accompany a dying person and their loved ones through the final months of life by providing support, resources, education, and friendship. Learn about the dying process, the needs of the dying, biopsychosocial, spiritual, and cultural aspects, facing fears and grief, active listening, comfort measures, self-care, and working with hospice and palliative care. $385 ($345 by Oct. 21). Discount also available with Home Funeral class registration. Call Patty at 663-1523; patty@center4cby.com.

Natural After Death Care with Merilynne Rush and Patty Brennan • Nov. 20, 8:30 a.m.-5 p.m. • Home funeral and green burial represent a return to natural, simple, and personal methods of honoring and caring for the dead. Participants will learn about caring for the body, legal issues, what a green burial is, working with a funeral director, creating a funeral ceremony, and forming a circle of support. $185 ($165 by Oct. 21). Discount also available with End-of-life doula training registration. Call Patty at 663-1523; patty@center4cby.com.

Divorce Support

Cultivate Peace During and After Divorce with Melanie Fuscaldo • Sept. 2, 12-1:30 p.m. • Cultivate inner peace during and after divorce using a process that focuses on the gifts in any situation. This seminar is designed to help participants find hidden blessings and move into joyful power. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Dreamwork

Active Dreaming Playgroup with Julie Tumbarello • Second Sundays, 3-5 p.m. • Participants can bring their dreams and a sense of adventure to explore new landscapes, tap into sources of creativity, and find guidance through the Lightening Dreamwork process. These sessions involve dream theater to bring dreams alive through shamanic journeying and to bring back healing and transformation. Free. Contact Julie at info@dreamingjulie.com or dreamingjulie.com.

Shamanic Dreaming with Julia King • Sept. 24, Oct. 24, Nov. 28, Dec. 26; 7-9 p.m. • This group will create a sacred space to practice Lightning Dreamwork and facilitate potent shamanic ways to work with spirit guides. Participants will work together to mend the space between earth and sky. $13. Call Julia at 727-488-5504; oceanajulia@gmail.com or oceana-consulting/com.

Dream Analysis with Michelle McLemore • Nov. 9, 6-7 p.m. • Learn the top dream analysis theories in psychology, the most common dreams, types of dreams, how to improve sleep and dream recall, and how to analyze dreams. $5. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Drumming

Drummunity Circle with Lori Fithian • Sept. 15, Oct. 17, Nov. 22, Dec. 21; 7 p.m. in the Crazy Wisdom Community Room • Get your hands on a drum and add your sound and spirit to the community groove. All are welcome to join the circle. No experience necessary. Drums available. Free. Call 426-7818; lorifithian@mac.com or drummunity.com.

Energy Healing

Drop-in Healing Night with Enlightened Soul Center • First Mondays, 7-9 p.m. • Practitioners of body work, energy work, medical intuition, and other alternative healing modalities are welcome to offer their services while those seeking healing are invited to drop in. The goal is to help people feel better affordably, as well as to provide an opportunity for those who have been trained in a healing modality to practice. Donations for the Enlightened Soul Center requested. Call Amy at 358-0218; amy@enlightenedsoulcenter.com or enlightenedsoulcenter.com.

Introduction to Human Energy Systems • Oct. 5, 6-7:30 p.m. • Learn how to feel, see, and diagnose energy in the body, food, and plants. Learn how to use a pendulum or hands for assessment and come away with healing techniques to use immediately. Oils, crystals, colors, and angels that correspond to the energy healing will also be addressed. $10. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

On September 1, 2016, the Crazy Wisdom Calendar will be available on our website: www.crazywisdomjournal.com.

"Art Is a Way of Knowing"

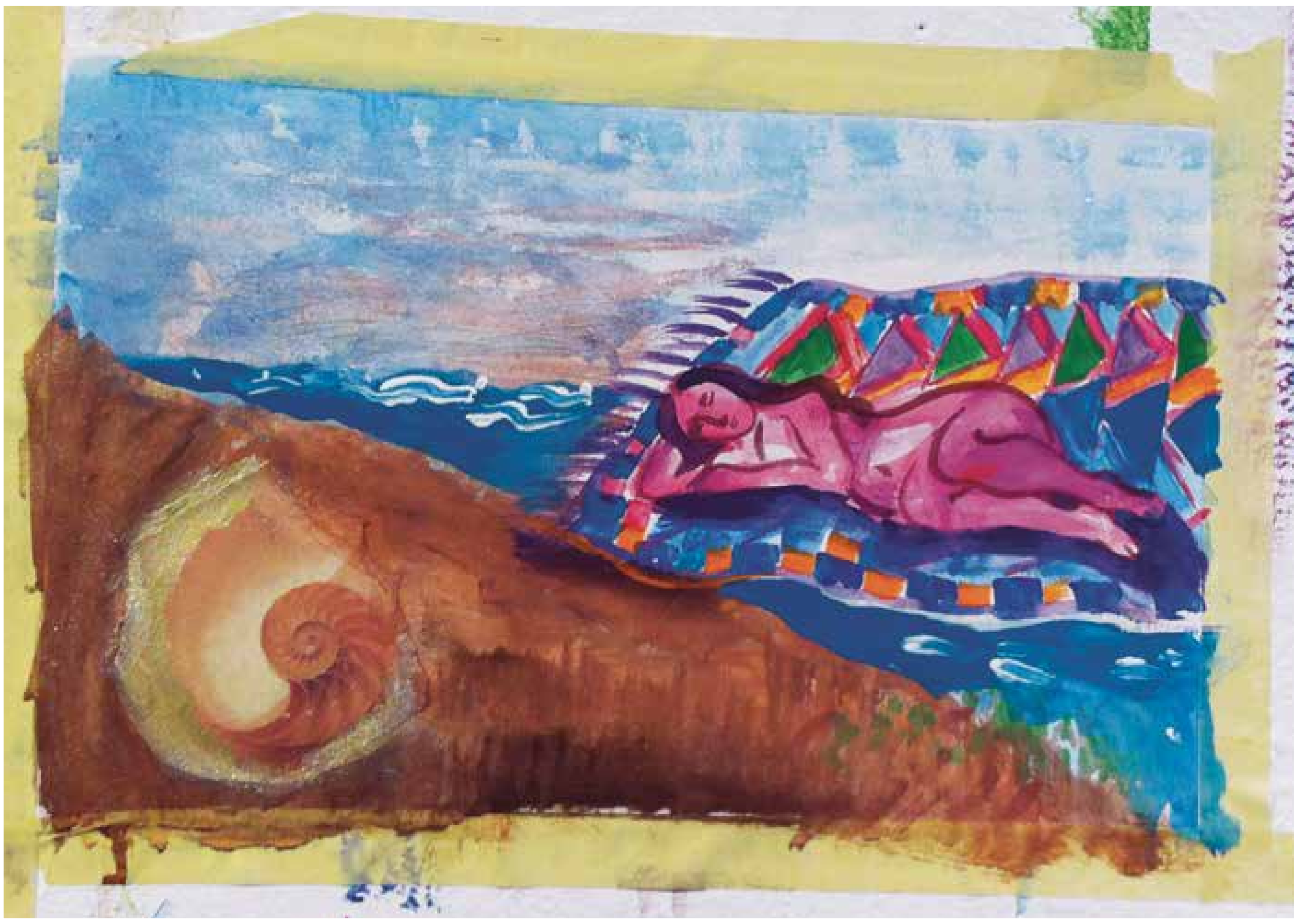
By Idelle Hammond-Sass

> "I believe the Creative Source is trying to get each of us to paint our way clear, to learn how to have an aesthetic response to life's challenges, to learn to see everything as a puzzle to be solved and an opportunity to high-five life over and over, to stay fearlessly in its flow, like a surfer on a wave."
>
> — Pat Allen, *Art Is a Spiritual Path*

Intention: I let go and move forward. Words will paint the page. I trust the process.

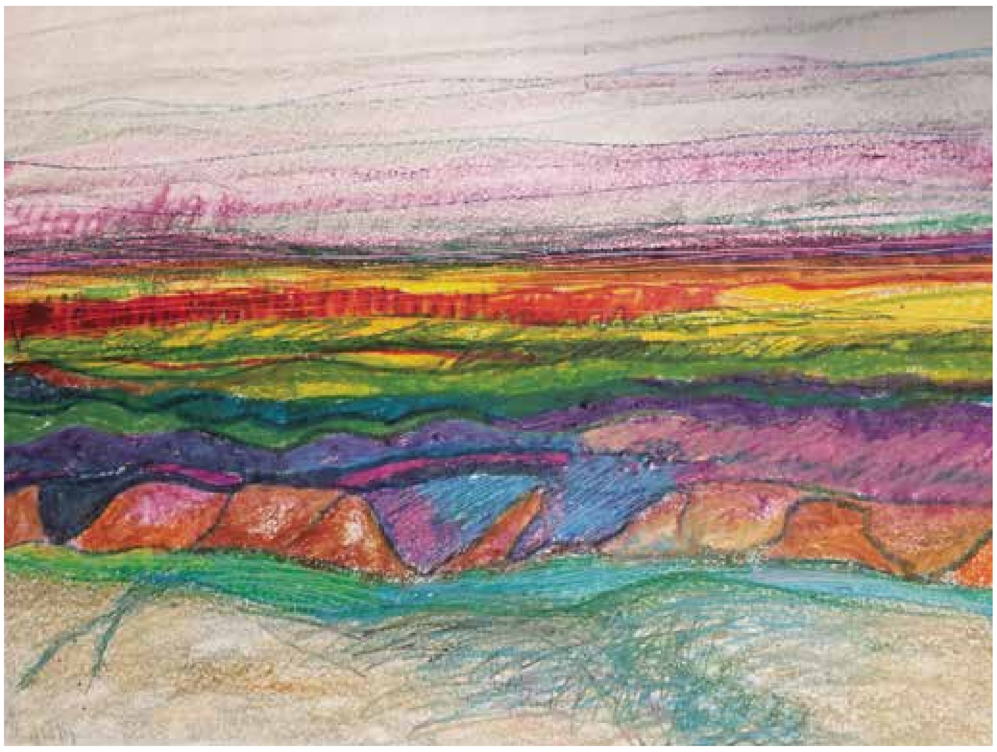
What is the creative process? How do we access our inner wisdom, that wise, intuitive self that trusts that we know what we need? Many have struggled to define or teach access to this part of our basic nature. By simply trusting our intuition, words, images, and ideas will naturally surface and become accessible if they are invited in.

The art making process is a physical activity that engages the senses as you choose colors, textures, and movements to convey through images, marks, and sensations the stories that arise. A scribble drawing and a few words to acknowledge where we are in the moment can be powerful gates that open the realm of creativity. We find out where we are on our journey or where we are going, ask a question or find a connection.



Unlike a traditional art class, where you often learn technique and art language, and receive or offer criticism, the Open Studio Process creates a space for the art making process to unfold and is supported by being a comment-free zone.

In her book *Art Is a Way of Knowing,* author, artist, and art therapist Pat Allen described how the process of art making can lead to self-understanding and discovery. Over time, this idea of learning through the use of basic art materials — paper, crayon, paint, and color — led to a structured process called the Open Studio Process that could be used in many different settings and with almost anyone. Allen and two other Chicago-area art therapists went on to found the Open Studio Project, a nonprofit arts and social service organization that now offers classes and trainings in the Open Studio Process (OSP) nationally.



Soon after *Art Is a Way of Knowing* was published in 1995, Ann Arbor therapist, artist, and my eventual mentor Sue Webster McDonald began working through the book herself. I had just moved to Ann Arbor and joined a group Sue was offering based on a different book, *The Artist Way* by Julia Cameron. Eventually our group moved on to Pat Allen's book, and we attended a workshop with Pat at Wayne State. I was intrigued and excited. As an antidote to the often repetitive aspects of my jewelry production business, I was renewed by the creativity and energetic release that the process offered. Balancing creative work with the need to make art to sell became more harmonious, and the joy and flow of making art bloomed for me once again.

After Sue trained to become a facilitator in OSP, I followed suit and then joined her in offering classes at the Ann Arbor Women Artists space on Jackson Road. We offered a five-session class in *Art Is a Way of Knowing* and also offered OSP workshops at my studio.

Spontaneous, fun, and a lot messier than meditation, the Open Studio Process is, for many, an ongoing spiritual practice that allows images, ideas, and obstacles to come to the surface.

This process works for everyone, including those with no prior art experience as well as artists wishing to rev up and clear the way for new work and ideas to flow. I have offered workshops (at VEO Art Studio in Chelsea) called "Creative Studio Process" that bring the journaling aspect of the Open Studio Process into focus as a tool for artists and others wishing to dive deep into creative flow. Whether working on paper, in three dimensions, or with non-traditional materials, the process remains the same.

Warm-Up: Scribble, Make Marks, Play with Color, Move to the Music

Unlike a traditional art class, where you often learn technique and art language, and receive or offer criticism, OSP creates a space for the art making process to unfold and is supported by being a comment-free zone. And unlike art therapy, the work is not interpreted. My role as a facilitator is to work alongside others, making art, writing, and sharing as one of the group. As a three-part process, we set an intention, make art, and write about it. We observe and make our own associations and connections through writing and noticing. The writing is free flowing, filling the page un-edited. We read our pieces aloud to share our experiences, and we become witnesses to each other's insights and realizations.

Move to a Larger Piece of Paper, Pick a Color You Like

Spontaneous, fun, and a lot messier than meditation, OSP is, for many, an ongoing spiritual practice that allows images, ideas, and obstacles to come to the surface. Curiosity and a willingness to explore are the main ingredients. It is helpful in times of transition, and for people who, by nature, are questioning an aspect of their life or are spiritual seekers. It is a process that cultivates mindfulness and engaging in the moment without any pre-concieved idea of what will emerge. We enter a place of possibility where energy becomes visible.

> At the end, your creativity is flowing, and the Open Studio Process has opened a dialogue that moves your work forward. You hang it up where you can see it.

Witness Writing – Words Flow, Stories and Memories Arise, Ideas and Images Emerge

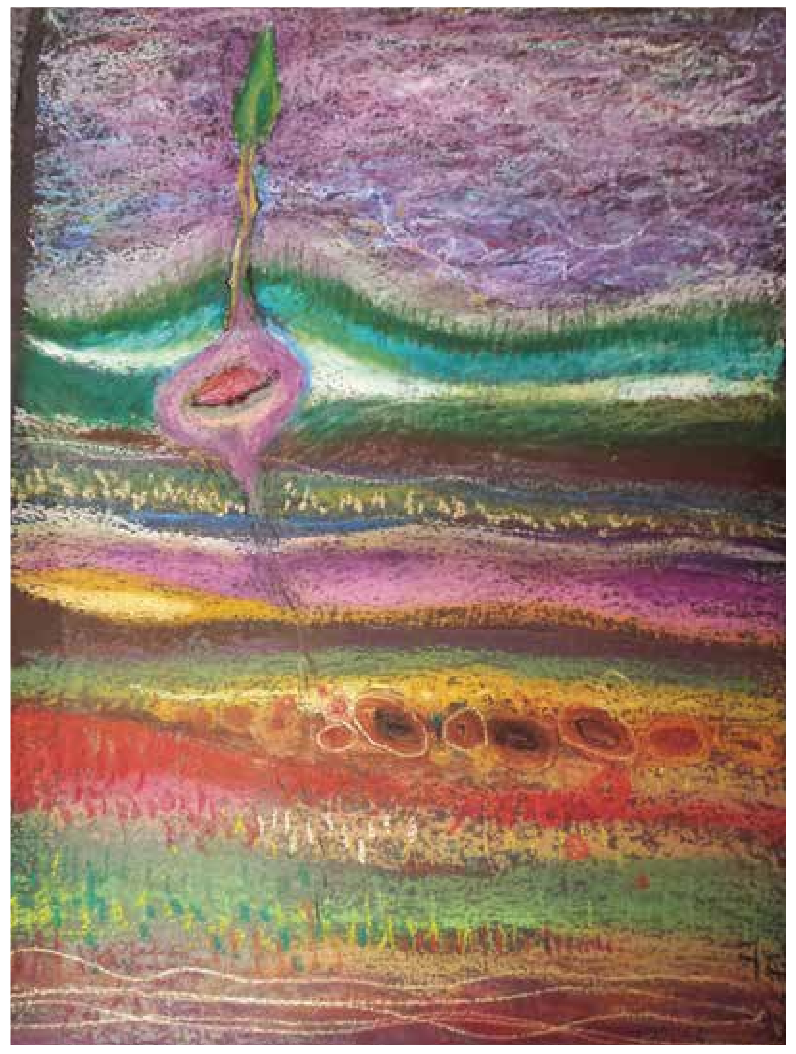
Although we don't talk about one another's work, we do share how the process felt to us and what we noticed while doing it. We have shared in the process of making art, and we are often moved and humbled by each other's work and for our time spent together.

As patterns and images emerge, we may find that we are engaged with the process and that it may ask us to stay active and continue bringing more pieces of art into the world. As a participant in the class, you may have learned to stay with the process and to trust your intuition; you may have met resistance and moved through it; or perhaps a series of images or subjects have become compelling topics for your writing, and poems have begun to emerge. At the end, your creativity is flowing, and the Open Studio Process has opened a dialogue that moves your work forward. You hang it up where you can see it. Martha Stokely shared a photo of a drawing she did in one of our early workshops (pictured on this page). She recalls, "I remember the freedom and joy I felt in listening to music and letting my pastel crayon marks dance across the newsprint any which way. I smile when I look at it."

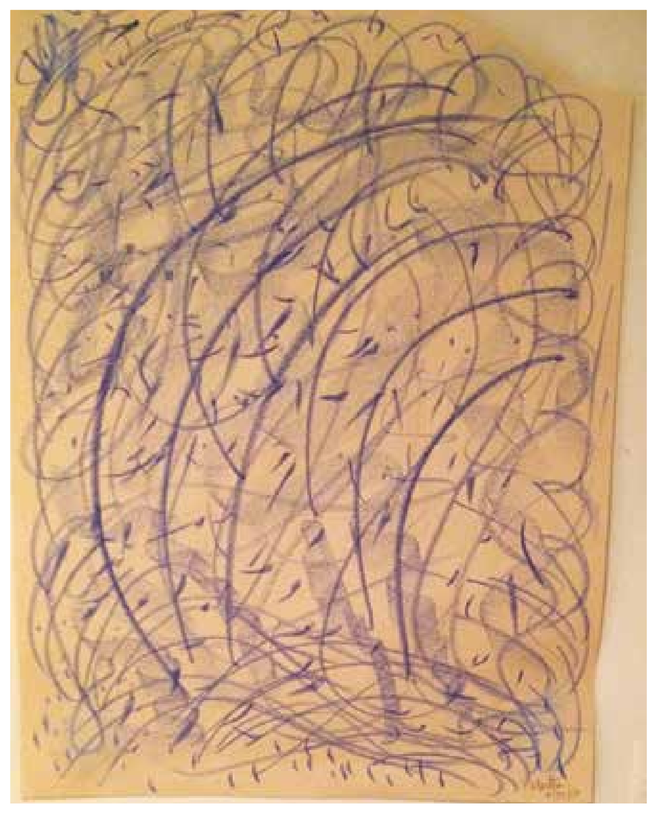
While I continue to balance jewelry making, showing my work, and teaching, I am passionate about creating the time and space to share OSP with all who wish to engage their inherent creativity. I enjoy designing workshops for those in the caring professions, artists, and teens, and for organizations to brainstorm ideas, visions, and goals.

Many thanks to my mentor Susan Webster McDonald for her wisdom, words, and for sharing the process with me, and to Karla Rindal at the Open Studio Project in Evanston, Illinois.

In addition to teaching and jewelry-making, Idelle Hammond-Sass shows her work at WSG Gallery in Ann Arbor and at the Ann Arbor Art Fair. She can be contacted at (734)734-4441 or hammond_sass@msn.com.



IDELLE HAMMOND-SASS



> "I remember the freedom and joy I felt in listening to music and letting my pastel crayon marks dance across the newsprint any which way. I smile when I look at it."
>
> — Martha Stokely

The Crazy Wisdom Calendar

Energy Healing (cont.)

Introduction to Pendulum Use with Austeen Freeman • Oct. 26, 6-7 p.m. • This class covers the basics such as what a pendulum is, how to use one, and how it has been used effectively in history. It will describe which items you can use as pendulums and ways people use them in daily life. $5. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Energy Healing Gathering with Diana Burney • Third Wednesdays, 6:30-8 p.m. • This is a drop-in gathering to work with nature and angelic beings to release negative energies from the earth. Each week has a different focus. No energy healing background necessary. $5 suggested donation. Call 786-6588; earthrelease@msn.com.

Energy Anatomy and Energy Balancing Techniques for Bodywork with Naturopathic School of the Healing Arts • Oct. 6-8, 8:45 a.m.-4 p.m. • Through lectures, demonstrations, theory, and practice, participants will be introduced to an integration of energy balancing techniques based in science and evidence-based practice. How and when to integrate practices into client care will be discussed. CEs available. $295. Call 769-7794. nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Healing Touch Certificate Program, Level Two with Barb McConnell • Sept. 17-18, 8:30 a.m.-6:30 p.m. • Review level one plus learn back techniques and spiral. Emphasis on developing healing sequence for specific needs. 17.5 CEs for nurses and massage therapists. Completion of level one required. $290 ($275 early bird) plus $15 workbook. Call 517-914-4133; barbmcconnell7@gmail.com.

> *Three things cannot be hidden:*
> *the sun, the moon, and the truth.*
>
> —BUDDHA

Healing Touch Certificate Program, Level Three with Barb McConnell • Oct. 22-23, 8 a.m.-6 p.m. • Learn to increase energy level to facilitate deeper healing in clients. Chelation, lymphatic drain, and additional back techniques are part of this level. 17.5 CEs for nurses and massage therapists. Completion of levels one and two required. $290 ($275 early bird) plus $15 workbook. Call 517-914-4133; barbmcconnell7@gmail.com.

Healing Touch Certificate Program, Level Four with Barb McConnell • Nov. 17, 5-9 p.m.; Nov. 18-19, 9 a.m.-9 p.m.; Nov. 20, 9 a.m.–12 p.m. • Learn two new techniques, put together a case study, and begin one year apprenticeship in preparation for completing the Healing Touch Practitioner program. CEs for nurses and massage therapists. $290 ($275 early bird) plus $15 workbook. Call 517-914-4133; barbmcconnell7@gmail.com.

Learn Emotional Freedom Technique with Melanie Fuscaldo • Sept. 1, 12-1:30 p.m. • This workshop shares a powerful tool to use anytime to improve health, career, abundance, relationships, retirement, and more. It will help participants release energy blockages that are not life enhancing and increase what they choose to enhance with joy in life. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

SUN SHEN Chi Clinic with Joanna Myers and Alexis Neuhaus • Mondays-Thursdays, 2-3 p.m.; Fridays, 12:30-1:30 p.m. • The Chi Clinic was founded to support individuals in person or remotely by helping them feel centered, rested, focused, and energized. This modality is designed to provide a sense of wholeness from the inside, deep healing, mental stability, and ability to reach full potential. $100/month (first week free). Call Alexis at 845-9786; alexis@sunshen.org or chiclinic.org.

School of Inner Cultivation and Healing with Master Sang Kim • Thursdays, 10:30 a.m.-12:30 p.m.; Fridays, 3:15-5:30 p.m. • The SUN SHEN Internal Cultivation and Healing System is an intimate, hands-on integrated approach which incorporates spiritual counseling, tai-chi, energy cultivation, and healing to resolve physical, emotional, and spiritual problems for oneself and others. $300/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Chi Kung (Qigong): Energy Work with Wasentha Young • Sept. 12-Dec. 15: Mondays, 9-10 a.m., Tuesdays and Thursdays, 6-7 p.m. • This class is designed for those who feel that they could use some self-care techniques to provide an energy cleanse and revitalize their sense of well-being as it focuses on the Wild Goose Chi Kung form, which includes stretches, breathing, visualization meditations, and energy center alignment and acu-points. Registration covers all three sessions per week. $185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Enneagram

Brief Intro to the Enneagram with Su Hansen • Oct. 6, 7-9 p.m. • This is a quick introduction to understanding the ego's journey, and how one can rejoin his or her essential path begun before birth. Participants will get a peek at how they are all related. $25. Call 417-8397; su@suhansen.com or suhansen.com.

This Is Us! with Su Hansen • Nov. 13, 12-4 p.m. • The enneagram provides a useful explanation of who people are, both ego fixations and their true selves. Participants will look at all nine types and how they interrelate. These understandings are valuable in personal and spiritual growth and in creating better relationships. $70. Call 417-8397; su@suhansen.com or suhansen.com.

Feng Shui

Feng Shui 101 with Dana L. Casey • Sept. 22, 6:30-7:30 p.m. • A brief overview of different schools of feng shui, focusing on Essential Feng Shui. Includes bagua map introduction, feng shui remedy discussion, and an interactive activity. Free. Call 517-528-9247; dana@danacaseydesign.com or danacaseydesign.com.

Festivals and Fairs

Kerrytown BookFest • Sept. 11, 10:30 a.m.-5 p.m. • This festival is devoted to celebrating regional authors, booksellers, and book artists. Activities include author panels, exhibitors, the edible book contest, and children's activities. Free. Call Sharon at 769-1114; sagambin@gmail.com; kerrytownbookfest.org.

Dawn Farm Jamboree • Sept. 11, 1 p.m.-6 p.m. • This is a family-friendly event with activities for all ages, including live music and entertainment, auctions, hayrides, and a children's tent. There will also be food and beverages, arts and crafts, farm animals to visit, and gardens to explore. Free. Call Olivia at 485-8725; info@dawnfarm.org or dawnfarm.org.

Robin Run: Adventure Run and Celebration with Robin Hills Farm • Sept. 17, 8 a.m.-5 p.m. • The first half of the day will feature a 5K adventure race with obstacles like the straw bale carry and rock scramble. Afterward attendees can enjoy live music, theater, and dance in the outdoor amphitheater. They can also visit food vendors, a beer tent, kids' activities, and for-profit and non-profit booths. $30. Contact Ben at ben.w@robinhillsfarms.com or robinhillsfarm.com.

Russian Festival: Ann Arbor's 4th Statewide Festival with St. Vladimir Orthodox Church • Sept. 17, 11 a.m.-8 p.m.; Sept. 18, 1 p.m.-7 p.m. • Attendees can enjoy home-cooked Russian cuisine on a menu that reflects the vastness of the Eurasian nation. The event also includes live music, including the folksy sounds of a balalaika player. $1. Call Zena at 248-795-5507. zenoviawarrior@me.com or russianfestival.stvladimiraami.org.

4th Biannual Fall Holistic Psychic Expo • Oct. 8-9 • All are welcome for guidance, healing, and learning over two days with readers, aura photography, energy work, body work, and more. The event includes vendors with holistic and spiritual products, free presentations in the auditorium, quiet and private reader room with concierge service, and ample free parking. Sponsored by Crazy Wisdom Bookstore & Tea Room and Body Mind Spirit Guide. $10/day pass or $15/weekend pass. Call Amy at 358-0214; intuitivesinteractive@hotmail.com or intuitivesinteractive.com.

Film

Free Films and Discussion at Jewel Heart • 7 p.m. • Enjoy a film followed by discussion about dharma and film. Free. Call 994-3387; annarbor@jewelheart.org or jewelheart.org.
Sept. 30 • *Dalai Lama Awakening* (2014) • A profound and life-changing journey of innovative Western thinkers who travel to India to meet the Dalai Lama to solve many of the world's problems. The result was inner transformation of the participants as well as what audiences report is a personal transformational experience for those who watch the film.
Oct. 28 • *Z for Zachariah* (2015) • The world is dying out and the few remaining survivors must learn to live with each other, and possibly even blossom love for one another. The drama brims with religious allusion and questions of how faith manifests in a world without hope.
Nov. 18 • *For the Coyotes* (2015) • Human connection, obligation, illusion, enlightenment, love, and fear--it's all up for grabs in this meditative, probing, tender story of inevitability.
Dec. 30 • *Sunrise/Sunset* (2010) • The daily life of the 14th Dalai Lama is brought home with remarkable intimacy. "I am a simple Buddhist monk. Through this film you will realize, I am a normal human being, nothing special."

Eco-Habitation Film Series with Transition Town Chelsea and Michigan Friends Center • Fridays, Sept. 30-Nov. 18, 7-9 p.m. • See a specially prepared series of documentary films that showcase natural and ecologically-friendly building techniques, how they relate to community, and social movements around them. Topics will include earth ship communities, tiny houses, straw bale construction, passive homes, net zero or net-positive energy living, and more. A lively discussion follows each film. Free, donations accepted. Call 475-1892; manager@mfcenter.org or mfcenter.org.

Flower Essences

Bach to School: Ease the Transition and Challenges Using Flower Remedies with Carol Bennington • Sept. 28, 7-8 p.m. • Discover how flower remedies may help children and parents get back into the groove of the school routine with focus and confidence. Free. Call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

Advanced Workshop: Level Two Bach International Education Program with Carol Bennington • Oct. 8-9 • This two-day interactive workshop explores the Bach flower remedies at a deeper level, and illuminates how the system relates to individual goals and personalities. See website for price. Call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

De-Stress for the Holidays with Carol Bennington • Nov. 9, 7-8 p.m. • Discover how using flower remedies can naturally lead to a calmer holiday season so that family interactions do not feel overwhelming. Free. Call 726-4303; journey@awakening-hearts.com or awakening-hearts.com.

Fundraisers

5th Annual Taste of Health with Grass Lake Sanctuary • Sept. 10, 12 p.m.-4:30 p.m. • Attendees can enjoy tasty, healthy, gourmet recipes and explore their relationship with food through talks and demos. They can relax in a peaceful nature setting, learn how food and nutrition can inspire greater life balance, and enter raffles for healthy gift baskets and treats. $25, all proceeds benefit Grass Lake Sanctuary. Contact Robin at tasteofhealthgls@gmail.com or tasteofhealthgls.org.

7th Annual Walk for Peace with Lighthouse Center • Sept. 10, gather 9:30 a.m., walk 10 a.m.-12 p.m. • All are welcome to participate in this walk for peace; peace in our own lives, our communities, our country, and the world. Veggie potluck follows. No cost, but please enlist friends to sponsor your walk (sponsor sheets can be printed online). Proceeds benefit the Lighthouse Center. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Friends of the AADL September Book Sale • Sept. 24, 10 a.m.-4 p.m.; Sept. 25, 1-4 p.m. • This event offers specially-priced vintage, rare, and interesting books for sale to benefit the Ann Arbor District Library. Free to enter, books start around $4. Call Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

Gently Used Book and CD/DVD Sale • Sept. 1-Oct. 10 • Please bring gently used personal growth, self-improvement, new thought, and metaphysical books by Aug. 31. Find inspiring titles at reduced rates. No book resold for more than $8. Proceeds donated to Forgotten Harvest Food Bank, unsold materials donated to the public library. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Dinner & Movie with Robin Hills Farm • Sept. 29, 6-10 p.m. • This event features a farm-to-table dinner prepared by Chef Emily Van der Waard and students of Robin Hills Farm's "Garden Party" cooking series. Followed by an open-air film screening. Free and open to the public, but registration is limited. Proceeds benefit the Chelsea Community Kitchen. $50. Contact Ben at ben.w@robinhillsfarm.com or robinhillsfarm.com.

Friends of the AADL Holiday Sale • Dec. 10, 10 a.m.-4 p.m.; Dec. 11, 1-4 p.m. • This annual holiday sale offers gift-quality, specially-priced books, DVDs, and CDs. Free to enter, sale items start around $5. Call Melanie at 302-7774; melaniebaldwin89@gmail.com or faadl.org.

Healing

Healing Night with Lighthouse Center • Third Thursdays, 7:30-9 p.m. • Half-hour meditation followed by Reiki healing provided by healers from Lighthouse Center. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Clair-Ascension Kabbalistic Balance Divine Original Vibration Embodiment Workshop with Karen Greenberg • Three Fridays in a row, beginning Sept. 16, Oct. 7, Nov. 4, or Dec. 2; 10 a.m.-6 p.m. • Participants first learn to identify and repattern a client's limiting beliefs and thoughts, and then assist them in expressing any commensurate low vibrational emotions through the tree of life and by balancing a client's energy kabbalistically. Techniques will include art, movement, music, toning, sound, aromatherapy, gemstones, and more. $777 (plus materials fee). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Heartmath with Melanie Fuscaldo • Sept. 6, 12-1:30 p.m. • This workshop will bring harmony to the brain, heart, and nervous system to benefit health, deepen creativity and intuition, and strengthen problem-solving abilities. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

The Fountain of Youth: Optimal Health, Vitality and Wellbeing with Dave and Pat Krajovic • Nov. 20, 9 a.m.-4 p.m. • Breath brings oxygen, movement, and chi (life force energy) into the body. Become open to better health, more vitality, better sleep, less sickness, and unparalleled wellness by learning a new way to breathe that optimizes life. $159. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

On September 1, 2016, the Crazy Wisdom
Calendar will be available on our website:
www.crazywisdomjournal.com.

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Health and Wellness

Seven Top Healthy Habits with Vikki Narayan • Sept. 11, 3-4:15 p.m. • Learn seven critical strategies that are the key to achieving health and fitness goals. Vikki will show how to incorporate simple habits and food choices that lead to a healthier lifestyle without adding stress or time-consuming tasks. $15. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

30 Day Fit and Healthy Online Group Program with Vikki Narayan • Starts Sept. 18. • This program will teach simple step-by-step strategies to lose weight, get in shape, feel energized, and fuel the body without feeling deprived. Templates and worksheets for easy planning and online support included. $99. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Herbs, Plants and the Garden

Nourishing Versus Medicinal Plants with Linda Diane Feldt in the Crazy Wisdom Community Room • Sept. 20, 7-8:30 p.m. • Learn how to distinguish between plants that are nutrient dense and those that are more suitable for medicinal purposes. Sponsored by People's Food Co-op of Ann Arbor. Free. Call 662-4902; ldf@lindadianefeldt.com.

Heart Health with Herbs with Linda Diane Feldt in the Crazy Wisdom Community Room • Oct. 18, 7-8:30 p.m. • Participants can find out how to support the heart using nature's gifts. Plants can become allies! Sponsored by People's Food Co-op of Ann Arbor. Free. Call 662-4902; ldf@lindadianefeldt.com or outreach@peoplesfood.coop.

Ritual and Unconventional Use of Herbs with Linda Diane Feldt in the Crazy Wisdom Community Room • Nov. 15, 7-8:30 p.m. • Ever feel curious about this topic but think it's taboo? Join Linda in exploring safe and creative ways to legally use different herbs. Sponsored by People's Food Co-op of Ann Arbor. Free. Call 212-0010; ldf@lindadianefeldt.com or outreach@peoplesfood.coop.

Great Lakes Herb Faire • Sept. 9-11 • A three-day herbal educational extravaganza offering adult and children's classes. Teachers include Matt Wood, Jody Noe, Jim McDonald, and more than a dozen other seasoned herbalists. $195/adult, $95/child. Call Anna at 395-5868; info@greatlakesherbfaire.org or greatlakesherbfaire.org.

Introduction to Chinese Herbs with Bart Vermilya • Nov. 30, 6-7 p.m. • Bart will share the theory behind Chinese medicine, describe how a person's constitution plays a role in Chinese herbal medicine, and explain how Chinese herbs are selected for each person. Free. Call Amy at 517-523-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

The Crazy Wisdom Calendar

Holistic Health

Ayurveda: Ancient Wisdom for Modern Life with Kapila Castoldi • Oct. 2, 9, 16; 3-5 p.m. in the Crazy Wisdom Community Room • This introduction to the principles of Ayurveda will cover the secrets of balanced living, awareness, Ayurvedic constitutions, the mind in Ayurveda, and conscious living. $10 for the textbook. Call 994-7114. castoldi@oakland.edu or meditationannarbor.com.

Healing on the Spiritual Path with F. Gringinger • Oct. 8, 1:30-3:30 p.m. in the Crazy Wisdom Community Room• This lecture is based on the teachings of Bruno Groning who has helped tens of thousands of people heal in ways that cannot be explained medically or psychologically, only spiritually. Healings can happen at these lectures. Free (donations welcome). Call Luc 585-737-6848; lucwatelet@gmail.com or Bruno-groening.org/English.

Perfect Eyesight: Improving Vision Naturally with Robert Lewanski • Oct. 5, 7-8:30 p.m. in the Crazy Wisdom Community Room • This presentation addresses the art of improving vision naturally with nutrition, exercise, and mind/body techniques inspired by the pioneer of holistic eye care, William H. Bates, author of *Better Eye Sight Without Glasses*. Free. Call 635-1598; rawfoodchef.john@gmail.com or happyrawfood.com.

Take Off Your Glasses and See with John Rasmussen • Oct. 19, 7-8:30 p.m. in the Crazy Wisdom Community Room • This presentation presents a mind/body approach to expanding eyesight and insight. John will lead meditations and a book discussion of *Take Off Your Glasses and See* by Jacob Liberman. Free. Call 635-1598; rawfoodchef.john@gmail.com or happyrawfood.com.

Energy Medicine and Energy Testing with John Rasmussen • Nov. 2, 7-8:30 p.m. in the Crazy Wisdom Community Room • This is an introduction to balancing the body's energies using Donna Eden's self-care exercises to strengthen the immune system, test foods without tasting, and balance the left and right brain. Free. Call 635-1598; rawfoodchef.john@gmail.com or 1love-1world.org.

***Grain Brain* by David Perlmutter with John Rasmussen • Nov. 16, 7-8:30 p.m. in the Crazy Wisdom Community Room •** Brain dysfunction starts with daily bread! Chef John will tell his healing story about addiction to wheat, whole grain, and multigrain bread, and then share grain-free recipes. Free. Call 635-1598; rawfoodchef.john@gmail.com or happyrawfood.com.

Community Activist Night with Clean Water Action • Third Thursdays, 6:30-8:30 p.m. in the Crazy Wisdom Community Room • Attendees will learn about the status of Michigan's health and environmental sustainability while formulating new solutions to growing concerns and needs. Donations accepted. Call Stephanie at 752-3239; sphillips@cleanwater.org.

Mindfulness: Beneath the Buzzword with Robin Lily Goldberg • Sept. 13, 7-8 p.m. • As the term mindfulness spreads, it takes on multiple layers of meaning. This workshop will explore mindful themes in ancient traditions like yoga, tai chi, and Reiki, as well as in modern approaches like Mindfulness-Based Stress Reduction (MBSR). Drawing upon neuroscience research and meditative practices, participants will discover how mindfulness affects the brain, and learn versatile techniques for integrating mindful moments into daily life. Suggested donation $10-20. Call Robin at 274-9482; robin@aurily.com or gyrotonictreetown.com.

Using Chinese Medicine to Stay Healthy During the Winter with Bart Vermilya • Nov. 1, 8:15-9:30 p.m. • Participants will learn how Chinese medicine can keep them healthy and illness-free this winter, and how to stock their "medicine" cabinet with herbs, spices, and foods that keep the sniffles away. $10. Call Josh at 517-902-9657; info@wayoflifetecumseh.com or wayoflifetecumseh.com.

Holistic Pathology for Natural Healers with Robin May • Nov. 3-5 • This weekend involves a body systems approach to introducing pathology, contraindications, and theories of healing. Includes practicum with massage strokes, palpation, and direct observation of the human body. A full blood pressure testing unit is integrated into this module. $250. Call Naturopathic School of the Healing Arts at 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Cannabis Classroom 101 with Bloom City Club • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 6:30-8:30 p.m. • These education classes for patients and caregivers will provide information on treating various ailments with cannabis. They aim to relieve confusion about cannabis from conflicting news headlines. Sliding scale $10-30. Call Dori at 320-2763; manager.bloomcc@gmail.com or bloomcityclub.com.

Rites of Rejuvenation with Dave and Pat Krajovic • Sept. 19, 6-7:30 p.m. • These five ancient but simple exercises can help to balance the endocrine system, restore energy levels, expel negative energy, balance the chakras, improve attitude, ease sleep, instill harmony, build strength, and increase flexibility. $37. Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Heightening Your Vibration: Alchemy with Karen Greenberg • Oct. 7 and Oct. 28, 6-10 p.m.; or Oct. 15, 12:30-8:30 p.m. • This class will teach myriad tools and techniques to change one's vibration from lower to higher, and to sustain it. Includes sacred letters, Archetypes, sacred oils, affirmations, visualization, meditation, prayers, gratitude, breathing, drumming, movement, music, Holy Geometry, traditions, toning names of G-D, Archangels, and Masters of Light. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Introduction to Pal Dan Gum Qigong with Antonio Sieira • Sept. 14 and Nov. 23, 1-3 p.m.; Sept. 27, Oct. 26, and Dec. 21, 6-8 p.m. • This workshop introduces the eight silken movements of Pal Dan Gum Qigong that have been used for thousands of years to promote health and cure disease. Participants will engage in moving meditation where the body learns to move in a mindful and graceful way that releases stress and reenergizes the body. $40 (after completing two sessions, attend any session for $20). Call 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Latest on Diabetes: It's Not About Counting Carbs! with John Rasmussen • Dec. 7, 7-8:30 p.m. • Chef John will share ways to overcome food cravings for wheat, dairy, and animal products. Free. Call 635-1598; rawfoodchef.john@gmail.com or 1love-1world.org.

Greens Can Save Your Life: An Inspiring Story with John Rasmussen • Dec. 21, 7-8:30 p.m. • Learn what Chef John learned from Victoria Boutenko and *Green for Life*. Free. Call 635-1598; rawfoodchef.john@gmail.com or 1love-1world.org.

> *Meditation takes us just as we are, with our confusion and our sanity. This complete acceptance of ourselves as we are is a simple, direct relationship with our being. We call this maitri, loving-kindness toward ourselves and others.*
>
> — PEMA CHÖDRON

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Homeopathy

Introduction to Homeopathic Home Care with Mary Tillinghast • Sept. 7, Oct. 5, or Nov. 2, 7:30-9:30 p.m.; Sept. 17, Oct. 15, or Nov. 19, 2-4 p.m. • This class will briefly touch on the history and theory behind homeopathic prescribing. The main focus will be on learning how to choose and use remedies safely and effectively. $70. Call 973-8990; info@castleremedies.com or castleremedies.com.

Homeopathy and the Family Part One with DeLynn Lake • Nov. 23, 6-7 p.m. • Homeopathy is a cost-effective medicine to employ in a personal wellness plan. DeLynn will share information about what homeopathy is, how it encourages the body's own natural healing response, and how it produces long-term healing. $10. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com

Homeopathy and the Family Part Two with DeLynn Lake • Dec. 14, 6-7 p.m. • DeLynn will share important principles of homeopathy, highlight specific remedies in depth, and explain how choosing a remedy is like being a detective. $10. all Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com

Intuitive & Psychic Development

Drop-In Intuitive Readings and Dreamwork with Irena Nagler • Second and Fourth Fridays of each month, 6:30-9:30 p.m. at Crazy Wisdom • Participate in a shared, interactive dream, allowing the soul to release energy, flow, and insight. Irena can use card decks or other objects to focus or simply tune in with the intention to help activate the client's own powers of discernment, creativity, and confidence in choosing the adventures that call to them. She can help with exploration of dreams recalled from sleep or waking dream-states. $1.50 per minute. No appointment necessary. Call 996-1772; birena@umich.edu.

Drop-In Intuitive Readings with Marcella Fox • First and Third Sundays, 3-6 p.m. at Crazy Wisdom • $1.50 per minute. No appointment necessary. Call 717-8513; marcellapfox@gmail.com.

Intuitives Interactive with Amy Garber • First and Third Sundays, 2:30-4:30 p.m. • This group is designed for intuitives, indigos, empaths, and seekers wishing to explore metaphysical topics with like-minded individuals. The sessions will include exercises, demonstrations, sharing, and social time. Donation requested. Call 358-0218; amy@enlightenedsoulcenter.com or intuitivesinteractive.com.

Heart-Based Intuitive Development with Melanie Fuscaldo • Sept. 13, 12-1:30 p.m. • Develop intuition with heart-based techniques to discover information about inner purpose, career, retirement, relationship, health, spiritual goals, and more. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Ghosthunting 101 with Beverly Fish • Oct. 8, 7:30-9:30 p.m. • Psychic medium Beverly Fish will discuss her experiences with the spirit world. She will share tips on how to do an investigation, the use of equipment, what not to do, and when to call an expert. Attendees are also welcome to share their stories of the paranormal. $29. Call 474-8663; beverly.fish@comcast.net.

Intuitive School: How to Get Your Intuitive Guidance with Tatiana Scavnicky • Sept. 21, 7-9 p.m. • Everyone has intuitive abilities! Participants will unlock and learn how to use their inner-guidance by discovering their unique style. Recommended for all Oracle Card classes and for healing practitioners. $33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: How to Read Oracle Cards with Tatiana Scavnicky • Sept. 28, 7-9 p.m. • Participants will learn the basics of oracle card reading, access their intuitive style, and learn how to complete a Three Card: Past-Present-Future Reading. $33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: Oracle Card Mixer—A Fun Night of Intuitive Reading Practice with Tatiana Scavnicky • Oct. 8, 7-10 p.m. • Give and receive readings in a fun and mystical setting. Learn tips and techniques to empower and enhance intuitive reading abilities. Recommended prerequisite: How to Read Oracle Cards class. $44. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Mystic Night: October Full Moon Gathering with Tatiana Scavnicky • Oct. 16, 7-9 p.m. • This will be a night of meditation, live music, light refreshments, and oracle card readings. Participants will set new moon intentions. Please bring a magical notebook and pen. $33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Intuitive School: Moon Magic—Working with the Magic of Moon Cycles with Tatiana Scavnicky • Dec. 14, 7:30-9:30 p.m. • Discover how the cycles of the moon help to supercharge desires and empower people on the night of the full moon. $33. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Teleconference: Seven Planes of Consciousness Practice Session with John Friedlander • Sept. 21, Oct. 19, Nov. 16, Dec. 14; 8-9 p.m. • This workshop is a continued exploration of the 49 specific energies of the seven planes, each with seven subplanes, as described in the theosophical literature of the early 1900s. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Kundalini Meditation and Clearing with John Friedlander •Sept. 27, Nov. 22, Dec. 20; 8-9 p.m. • Channeled personal aura clearing and manifestation exercise with Mataji, who will work individually with each participant, using their own kundalini to increase power and clarity. $12.50. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Teleconference: Focused Mind Meditation Practice Session with John Friedlander • Sept. 11, Oct. 2, Nov. 13, Dec. 4; 10 a.m.-12 p.m. • The development of sustained focus meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a new level of mental clarity and spiritual openness. $15. Call Violeta at 677-2761; mvaviviano@gmail.com or psychicpsychology.org.

Developing Technical Spiritual Skills Through Meditation with John Friedlander • Sept. 3, 9 a.m.-6 p.m.; Sept. 4, 9 a.m.-3 p.m. • Continue developing inner spiritual skills while exploring the etheric, astral, mental, and causal planes. Available as teleconference. Contact Gloria at hemsherglo1@yahoo.com or psychicpsychology.org.

Fall Intensive 2016 with John Friedlander • Oct. 31-Nov. 4, 1-5 p.m. and 7-9 p.m.; Nov. 5, 9 a.m.-6 p.m.; Nov. 6, 9 a.m.-3 p.m. • This deep, sustained meditation and training will spend one day on each of the seven major chakras from a clairvoyant technical perspective. Prerequisite: Foundations Level One (class or CD) or instructor's permission. Contact Gloria at hemsherglo1@yahoo.com or psychicpsychology.org.

Kabbalah

Beginning Kabbalah with Karen Greenberg • Starts Sept. 13 or Sept. 27, meets Oct. 18, Nov. 8, Dec. 13; 7-10 p.m. • This three-hour workshop meets monthly for about a year. This life-changing journey is an ordered, systematic approach to develop and balance all the important areas of life. Participants will become empowered to join with G-D and become co-creative, proactive manifestors of dreams, desires, and goals, opening to miracles and fulfilling destinies. Call Karen for prices at 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Life Transitions

Discover the Power and Joy in Your Life Transitions with Melanie Fuscaldo • Sept. 8, 12-1:30 p.m. • This workshop will share a process to help open the heart and mind to the gifts of transition for anyone experiencing a transition in career, health, retirement, or relationship. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Helping Families Strategize As Members Age with Linda Steinborn Bender • Sept. 15, Oct. 13; 7 p.m. and Nov. 13, Dec. 11; 2 p.m. • Parents and adult children often struggle to talk about the best way to manage changes that occur due to aging. This workshop will offer strategies to help the family system through this time of transition so that everyone feels heard and respected. Free. Call 395-2285; lindabender3680@gmail.com.

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The Crazy Wisdom Calendar

Love and Relationships

The Daily Temperature Reading: A Communication Tool for Healthier Relationships with Brian Ashin • Sept. 15, Oct. 13, Nov. 10; 7-8:30 p.m. • Learn an easy-to-use communication tool that creates safety and emotional intimacy. Free. Call 678-3281; brian@brianashin.com or brianashin.com.

Healing Your Divorce: How Not to Make the Same Mistakes with Toni Kaplan • Oct. 17, 6:30-8 p.m. • Participants will learn why second marriages fail and what it means to live in a conscious relationship. They will explore the stages of love, learn how unconscious forces may influence partner selection, challenge relationship myths, and identify a new way to communicate. They will discover how divorce creates opportunities for healing and rebuilding oneself from the inside out. Free. Call Vicki 248-915-0847; info@womens-divorce.org or womens-divorce.org.

Kabbalah for Couples with Karen Greenberg • Starts Sept. 18, 3-5 p.m.; future dates TBD • This program is for couples in basically good relationships in which both parties are willing to work to make their relationship even better physically, emotionally, mentally, financially, spiritually, and energetically. The monthly two-hour format enables couples to get more work done in a shorter amount of time. $205/two-hour session (if one or both have taken beginning Kabbalah). Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Creating Your Ideal Mate with Karen Greenberg • Nov. 14, 6-10 p.m. • This workshop helps participants identify and enhance an ideal mate's qualities and presents how to use techniques such as ceremony, meditation, movement, fragrances, elixirs, herbs, metals, colors, altars, and more. Participants learn to work through blockages in order to trust divine order and timing. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

> *Emotion is the chief source of all becoming conscious. There can be no transforming of darkness into light and of apathy into movement without emotion.*
>
> — C. G. JUNG

Meditation

Mastering Meditation with Kapila Castoldi • Nov. 6, 13, 20; 3-5 p.m. in the Crazy Wisdom Community Room • This three-week introductory meditation series, offered by the Sri Chinmoy Centre, includes topics such as quieting the mind, awakening inner awareness, concentration, breathing, chanting, visualization, exploring a meditative lifestyle, and self-awareness through meditation. Free. Call 994-7114; castoldi@oakland.edu or meditationannarbor.com.

The Heart of Christ Loving-Kindness Meditation with David M. Hall in the Crazy Wisdom Community Room • Dec. 20, 7-8:30 p.m. • Participate in a meditation based on the ancient practice of Metta Bhavana combined with the teachings of Christ. Metta is a loving-kindness practice taught by the Buddha over 2,500 years ago. It is a simple, non-religious, non-dogmatic approach to activating one's heart center to generate good will. Free. Contact innerouterservices@gmail.com.

Introduction to Three Hearts Meditation with Bart Vermilya • Oct. 12, 6-7 p.m. • This workshop will introduce Three Hearts Meditation which has been described as a form of world service. By blessing the earth with loving-kindness, participants can fill the world with positive spiritual energies. Free. Call (517) 592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Introduction to Vipassana Meditation with Mike Kost and Nina Maghsoodi • Sept. 8, 27, Oct. 13, 27, Nov. 10, Dec. 8; 6-8 p.m. • This introductory class will focus on sharing basic vipassana meditation instructions, offered as guided meditations with the opportunity to reflect, share, and learn from the practice within a supportive community. These instructions come from the Buddhist practice of vipassana, but they are not taught with any religious form, beliefs, or ritual. Vipassana meditation, also known as insight meditation, is a practice of clear seeing. $90. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Friday Refresh with Sharon Gold-Steinberg and Carryn Lund • Fridays, Sept. 9-Dec. 16, 1:15-2 p.m. • This class for mental health clinicians offers contemplative practices (e.g. guided meditation, gentle movement, breath work, community-building) to support self-care and to refresh therapists' nervous systems at the end of their week. It aims to decrease isolation and vicarious traumatization and to increase joy and resilience at work. $350. Call 996-9065; sgoldsteinberg@gmail.com.

Candlelight Labyrinth Walk and Meditation with Ringstar Studio • Sept. 24, Dec. 17; 6-11 p.m. • Walking a labyrinth is a form of moving meditation, guiding the seeker to the within and without of themselves and the universe around them. Entry permitted any time between 6 p.m. and 10:30 p.m. There is no admission fee, but donations will be accepted to offset the cost of candles. Contact Diane at mail@a2ringstar.com or a2ringstar.com.

Pure Meditation Foundation Class with Self-Realization Meditation Healing Centre • Nov. 18, Dec. 30; 3 p.m. • This meditation technique helps participants to be in charge of how they feel physically, mentally, and emotionally, and takes only a few minutes of practice each day. Includes a book and follow-up appointment. $60. Those who cannot afford the fee may inquire about a bursary. Call (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pure Meditation Course Including Raja-Kriya Yoga with Self-Realization Meditation Healing Centre • Oct. 30-Nov. 5 • This course addresses the whole being—mind, body and spirit. It is designed to enable participants to realize the God-within, and bring love, peace, joy, and fulfillment to all aspects of life. It can help them learn how to master their mind and energies in today's challenging world. $765 (includes shared room and all meals). Please inquire about private rooms or bursaries. Call (517) 641-6201; info@selfrealizationcentremichigan.org or selfrealizationcentremichigan.org.

Pranayama and Meditation Seminars and Teacher Certification with Ema Stefanova • Part One, Oct. 29-30; Part Two, Sept. 24-25 or Nov. 19-20 • Participants will practice and learn breathing methods and classical yoga meditations to increase and purify their energy flow. Beginners welcome. Certification to teach requires additional hours and reading. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Guided Mindfulness Breathing Meditation with Dave and Pat Krajovic • Sept. 16, Oct. 16, Nov. 14, Dec. 13; 9-9:30 p.m. • Every month this course has a different theme to help participants let go of thoughts and patterns that hold them back, and to replace the stress of life with vitality and energy. Perfect for beginners and experienced meditators alike. Free. Accessed via bodymindspiritradio.com/fullmoonmeditation. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

A Day of Solitude and Meditation Practice with Carol Blotter • Sept. 18, Dec. 4; 9 a.m.-4 p.m. • This day-long silent retreat practices sitting and walking meditation in the quiet of the country. Beginners will have break-out instruction, experienced meditators can be in silence all day, and those in-between can practice and have their questions answered. Suggested donation $30. Pre-registration requested. Call 475-0942; cb.meditate@gmail.com or mfcenter.org.

Sunday Meditation Group with Deep Spring Center • Sundays, sitting 5-6 p.m., sharing 6-6:30 p.m. • All levels of meditators are welcome and there is a facilitator each week. No registration necessary. Dana (donation). Call Tana at 477-5848; om@deepspring.org or deepspring.org.

***Human:* Meditation and Spiritual Inquiry with Barbara Brodsky and Dan Muir • Sept. 20, Oct. 4, 18, Nov. 1, 15, 19, Dec. 13; 6:30-9 p.m. •** In this class participants will read the book *Human*, together and with Aaron, and look at the ways people create duality and separation in their lives. Participants will use vipassana, pure awareness meditation, non-dual meditations, energy practices, heart-centered practices, observing intentions, connecting with guidance, and more as tools for support through this venture. $105. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

How to Meditate with Dorothyann Coyne • Sept. 24, Oct. 22, Nov. 19, Dec. 17; 9 a.m.-12 p.m. • This introductory course will cover the basic techniques of meditation. These instructions are drawn from the Buddhist practice of vipassana meditation, but we do not teach this with any religious form, beliefs, or ritual. $30/session. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Why Meditate? with Dorothyann Coyne • Sept. 24, Oct. 22, Nov. 19, Dec. 17; 1-4 p.m. • This on-going class will involve discussion of the ways meditation can enhance life. Participants will share reasons for meditating and explore how the practice leads them to a life of greater calm and less personal suffering. $30/session. Call Tana at 477-5848; om@deepspring.org or deepspring.org.

Basic Qi Gong: Three Hearts and Five Organ Clearing Meditation with Bart Vermilya • Sept. 6, 8:15 p.m. • Three Hearts Meditation expands a person's Qi, spirit, and mind, while also clearing negativity and replacing it with love. The Five Organ cleansing meditation can purify and balance the energy of organs so they function more efficiently. Call Josh (517) 902-9657; info@wayoflifetecumseh.com or wayoflifetecumseh.com.

Being in Tune: Mindfulness Meditation at The Ark with Ann Arbor Center for Mindfulness • Tuesdays, 12-12:30 p.m. through Dec. 20 • This is a weekly mindfulness meditation gathering in the warm, inviting environs of The Ark. This practice has no religious affiliation, and instruction is provided by experienced mindfulness meditation teachers. No experience necessary. Free. Call Lynn 332-3365; lynnsipher@gmail.com or aacfm.com.

__Strawbale Studio__, located in Oxford, Michigan, is an educational group that provides workshops and presentations on straw bale construction, thatching, ecovillages, permaculture, and sustainable living. Deanne Bednar is the workshop leader and coordinator. For more information, visit www.strawbalestudio.org.

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College Project

Myriad Meditations with Karen Greenberg • Oct. 23, 10 a.m.-9 p.m. • Participants will learn meditations with fire, water, air, earth, the Four Worlds, breathing, Holy Geometry, sacred letters, Archetypes, spiritual beings, movement, music, colors, scents, gemstones, and trees. They can discover which meditation techniques resonate with them, possibly dissolving years of resistance to meditation. $125. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Meditation Sessions at Jewel Heart • Sundays, Sept. 4-Dec. 18, 8:30-9:30 a.m. • Facilitators provide guidance with multiple concentration meditation sessions using the breath as the point of focus. Open to all levels of experience. Free, donations welcome. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Days of Contemplative Prayer: Meditation and Mindfulness Practice with Esther Kennedy • Sept. 10, Oct. 15, Nov. 12, Dec. 10; 10 a.m.-2:30 p.m. • This mindfulness community gathers monthly for contemplative meditation. They practice mindful breathing and simple chants and seek to release the fruits of experience into a world of beauty and pain. $35/event (includes lunch). Registration required with $10 non-refundable deposit. Call 517-266-4000; webercenter@adriandominicans.org.

New Year's Eve Peace Meditation with Antonio Sieira • Dec. 31, 12-1:30 p.m. • Start the new year with a sense of peace within. This meditation extends to all beings throughout the universe with wishes for wellness, good success, health, prosperity, and sustained peace. $20. Call Pat 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Chakra Meditation Class with Nirmala Nancy Hanke • Wednesdays, Sept. 8-Nov. 9, 7:30-9:30 p.m. • Introduction to the seven chakra energy centers with empowerment of the mantra at each chakra. Prerequisite: two months of mantra meditation. $85 ($75 for pledging Lighthouse members). Call Prachi 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Mindfulness-Based Stress Reduction Introductory Session with Paulette Grotrian • Sept. 12, 6:30-7:30 p.m. • This session introduces Mindfulness-Based Stress Reduction, a course developed by Jon Kabat-Zinn at the UMass Medical School in 1979. Studies show that MBSR can reduce stress and anxiety, improve chronic pain, sleep, health, and well-being. Free. Call 276-7707; mindfulnessswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Mindfulness-Based Stress Reduction Course with Paulette Grotrian • Starts Sept. 19, 6:30-8:30 p.m. • This eight-week program is based on Mindfulness-Based Stress Reduction, a course developed by Jon Kabat-Zinn at the UMass Medical School in 1979. Participants will learn mindful meditation and movement practices to apply to daily life to reduce stress and anxiety, and to improve sleep and health. $400 (includes workbook, CDs, and all-day retreat). Call 276-7707; mindfulnessswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Mindful Self-Compassion Introductory Session with Paulette Grotrian • Sept. 13, 6:30-7:30 p.m. • This introductory session will explain the skills of mindfulness and self-compassion and how these tools can enhance emotional resilience and emotional wellbeing. Participants will learn to respond to difficult moments with kindness, understanding, and forgiveness. Preregistration required. Free. Call 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Mindful Self-Compassion Course with Paulette Grotrian • Starts Sept. 20, 6:30-9 p.m. • This eight-week program is based on the ground-breaking work of Kristin Neff and Christopher Germer. It will help participants to develop mindfulness, self-compassion, emotional resilience, and emotional wellbeing. They will learn to respond to difficult moments with kindness, understanding, and forgiveness. Preregistration required. $385 (includes materials). Call 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Connecting with Various G-D Names/Aspects: Heavenly Travel with Karen Greenberg • Oct. 6, 6-9 p.m. • This workshop teaches how to travel safely to the planets associated with the ten sephirot in the tree of life, to become more deeply acquainted with the ten aspects of G-d and how to connect with each energy. The goal of the workshop is to provide access to messages or answers to compelling questions. $72. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com

CANCELLED - GOM Meditation Weekend with Jewel Heart Instructors • Sept. 16-18 • GOM, or concentrated meditation, is an essential tool to develop peace, joy, and the power to deeply understand wisdom. Offered according to the Tibetan Buddhist tradition, the weekend will include sitting and walking meditations with light guidance, and silence maintained between sessions. $50. Call 994-3387; annarborregistration@jewelheart.org or jewelheart.org.

Meditation in Everyday Life with Melanie Fuscaldo • Sept. 9, 12-1:30 p.m. • This workshop teaches how to live meditation in everyday life and increase equanimity, power, creativity, wisdom, and joy. $30. Call 668-2733; mfuscaldo@gmail.com or melaniefuscaldo.com.

Group of Forty Monthly Potluck and Meditation with Aileen Storoshchuk and Karlta Zarley • First Saturdays, 6:30-9:45 p.m. • Participants can electronically connect with the founder of Group of Forty, an international group learning to raise vibrations in meditation and connect with Mother Earth. The event begins with a potluck followed by a group meditation and listening to the month's channeled message. Free with a dish to share. Call Aileen at (810) 701-2874; kzarley88@gmail.com or groupofforty.com.

The Mindfulness Meditation System (MSS) with Antonio Sieira • Sept. 20, Nov. 1, Dec. 6; 6-8 p.m. • The MSS is a system of breathing, flexibility, and mental focus/concentration practices designed to create a total mind-body meditative experience. These techniques help people to start or improve meditation. Preregistration required. $49.95 for initial instruction; $15 for repeaters. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Open Mindfulness Meditation Practice with Antonio Sieira • Sept.-Dec., 6-7:30 p.m. • Mindfulness meditation including Tibetan Singing Bowl, Metta meditation, with discussion of philosophy, science, and spiritual basis of meditation. $15/class ($60/six sessions). Call Pat for dates at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Learn to Meditate with Nirmala Nancy Hanke • Sept. 10, Oct. 8, Nov. 12; 4-6:30 p.m. • Participants will learn how all meditations are good and how thoughts are an essential part of the process. Talk followed by 20-minute meditation experience with a mantra. Vegan snacks after meditation. Register one week in advance. $35 ($25 for students; $15 for repeaters). Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Intensive Meditation with Lighthouse Center • First and third Fridays, gather at 7 p.m.; chanting, 7:30-10:15 p.m. • Chanting and prayer, followed by meditating 20 minutes on each of the seven chakra energy centers. May enter and leave meditation room at any time. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Sunday Candlelight Meditation and Healing with Lighthouse Center • Sundays through October, 6-7:15 p.m.; Sundays starting Nov. 6, 5-6:15 p.m. • Candle lighting, Sanskrit chanting, meditation, affirmations, visualization, and healing circle. Reiki healing available. Donations accepted. Call Prachi at 417-5804; cprachi17@gmail.com or lighthousecenterinc.org.

Drop-In Meditation at Kashi Nivas with Atmaram Chaitanya • Tuesdays, 7-9 p.m. • Meditators from all backgrounds can share in the collective synergy of group meditation at Kashi Nivas. 40-60 minutes of silent group meditation, japa, or contemplative prayer, followed by refreshments and social time. Free. Call 883-6947; atmaram@kashinivas.org or kashinivas.org.

Unleashing Unlimitedness: Removing Obstacles that Hold You Back with Dave and Pat Krajovic • Dec. 11, 9 a.m.-4 p.m. • Learn proven techniques to free stuck energy, limiting beliefs, attitudes, and negative thought forms. Includes the Angelic Circle of Healing, cleansing meditations, conscious breathing, energy sweeping, cord cutting, and color pranas. An Ascension Breathing Inspired Life Mastery Program. $179. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Peace on Earth Holiday Meditation with Ascension Breathing • Dec. 4, 10:30 a.m.-12 p.m. • This event involves meditation and conscious breathing to access the light, love, and joy of the season. Participants are invited to connect to Source and enter a state of gratitude and bliss. $29. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

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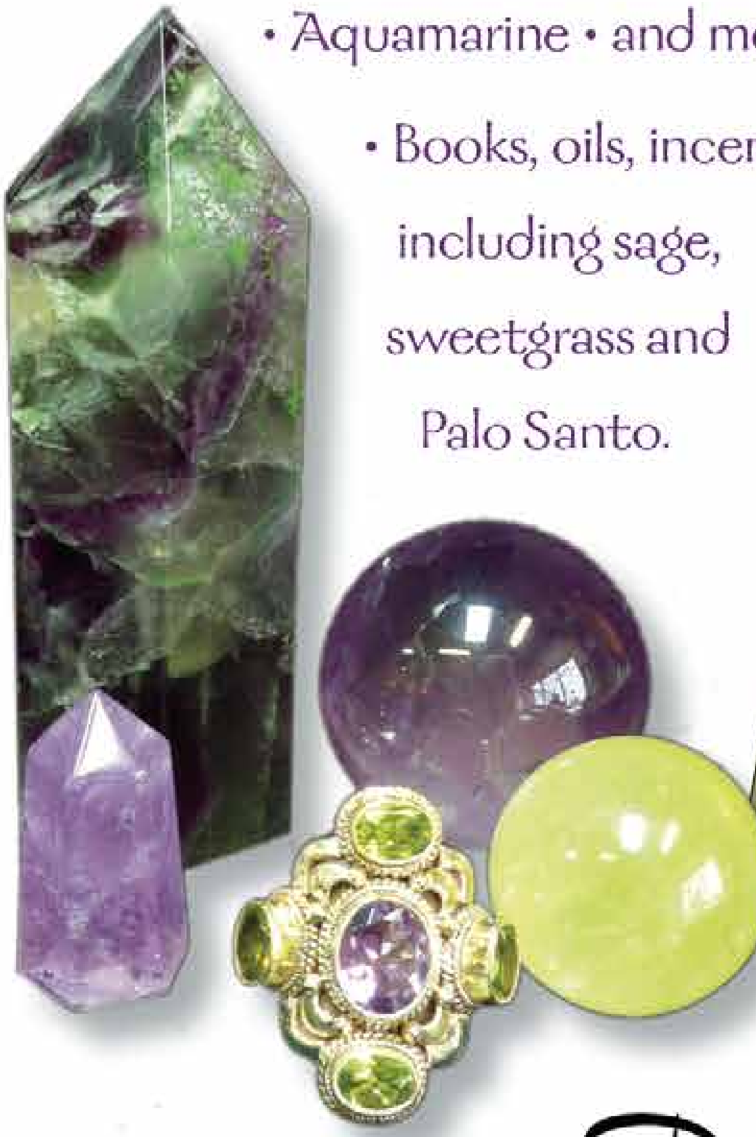

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Healing with Stones:
The Many Uses of Amber

By Karlta Zarley

Amber is a lightweight stone that is irregularly shaped. It is most often yellow, gold, or whitish-yellow, but it can also come in red, green, black, and, though rare, greenish, bluish, or violet. It started out as globules of pine sap dripping down the sides of trees, sometimes surrounding bits of plants, like ferns, or insects. Over the next 50 million years, the amber dried and became fossilized. The most expensive forms of amber are clear with identifiable bits of wildlife inside, or forms that appear in some of the rarer colors. Even amber that has fracture lines, or pieces that are opaque and about the color of honey, are beautiful.

There is a lower grade of amber called copal, which can be broken up and set on fire. This may be used as a fumigant or as incense to clear negative energies in a ritual, as it was used in the fire rituals of ancient tribal healers. If used for this purpose, one generally needs to start the fire with the small ceremonial charcoal tablets available (in an appropriate container) so the fire is hot enough to ignite the copal.

There are many uses for amber in healing and adornment based on the energetic signature of the stone. In healing, you may place different colors of amber on the correspondingly colored chakra (for example, red amber on the first chakra, and so on), or you may use whatever colored specimen you have on any chakra to open and purify the chakra and work on various physical issues. Amber increases self-healing and grounding, and is a powerful protector. It can draw disease energies from the body, absorb pain, and decrease stress, especially when worn or carried consistently.

> Amber started out as globules of pine sap dripping down the sides of trees, sometimes surrounding bits of plants, like ferns, or insects. Over the next 50 million years, the amber dried and became fossilized. The most expensive forms of amber are clear with identifiable bits of wildlife inside, or forms that appear in some of the rarer colors.

Placed at the first chakra, it can decrease arthritis and bring stability to one's life. Placed on the second chakra, it can enhance creativity and a sense of personal power (especially for women). On the third chakra, it helps with discernment and decisiveness for the user, which assists in drawing manifestation into the 3D reality.

On the fourth chakra, it can calm asthma and allergies to pollen, dander, and so on. At the fifth chakra, it can boost metabolism. Amber has a soothing and upbeat energy that can calm nerves, ease depression, and uplift the mood when placed at the sixth chakra.

In terms of spiritual growth, it can be placed at the crown of the head where it can stimulate the intellect and open the seventh chakra. It can act as a bridge between the conscious self and Universal Perfection, so that it is easier to dwell in the state of flow. Amber can transmute human love by activating and transforming it into Unconditional Love, and it can bring inner balance, peacefulness, trust, wisdom, and altruism with consistent use in meditation.

Amber may also be placed in a room to cleanse and purify the environment of negative energies, transmuting them into positive energies and releasing them back into the surrounding area.

When choosing amber, look for beautiful color in a piece that calls to your spirit. There are fantastic pieces available at all prices. As jewelry, it is easy to wear because even large pieces are lightweight. It benefits from being on the skin as the oils from the skin help to maintain its luster. When storing, keep it out of the sun and feel free to wash or handle it in water so it doesn't dry out and crack.

Amber is a beautiful stone with a rich energetic frequency that can help on the physical, emotional, mental, and spiritual levels. I encourage you to use it often!

Karlta Zarley, R.N., C.H.T.P., has 35 years' experience around the U.S. in preventative and holistic nursing care and is a Certified Healing Touch Practitioner. She has been in private practice for 18 years as a professional healer and educator, providing energy work, spiritual direction, essential oil consultations, flower essence master formulas, Earth healing work, and leading classes and retreats. You may contact her at www.karltazarley.com

AMBER

"Amber allows the body to heal itself by absorbing and transmuting negative energy into positive energy ... emits a sunny and bright soothing energy which helps to calm nerves and to enliven the disposition ... has been used as a symbol for the renewal of marriage vows and to assure promises... said to bring good luck to warriors." From *Melody's Love is In The Earth* © Series of books

COLOR: Iced Tea to Golden Amber to Orange, sometimes with a red or blue tint

CHAKRA: All

ASTRO SIGNS: Leo, Aquarius

VIBRATION: 3

KEYWORDS: Sunny, Transmuting, Soothing, Purifying, Intellect

HEALING LORE: Remove Toxins, Bone Problems, Endocrine System, Fibromyalgia, General Healing

The Crazy Wisdom Calendar

Movement and Dance

Dances of Universal Peace with Judy Lee Trautman • First Fridays, 7-9 p.m. • Dances of universal peace began in the 1960s in San Francisco where Sufi teacher Samuel Lewis celebrated the world's religions through simple folk dance steps. The dances are a form of moving meditation that require neither partner nor experience. $5 donation. Call 419-475-6535; jltrautman@sbcglobal.net or peacedance.multifaithjourneys.org/.

Music, Sound, and Voice

Rise Again Community Sing-Along with Jeanne Mackey • Sept. 21, Oct. 26, Nov. 30; 7 p.m. in the Crazy Wisdom Community Room • Join song leader Jeanne Mackey for a community sing-along from the recently released *Rise Again Songbook*, a guide with lyrics to over 100 songs, from Beatles to ballads, Dylan to Broadway. Purchase the songbook at Crazy Wisdom or use the store copy. Shower singers welcome! Suggested donation $5. Call 665-2757 or email rachel@crazywisdom.net.

Sound Therapy with Kimberly Harrison • Sept. 28, 6-7 p.m. • Modern science has confirmed that sound can lead to healing on multiple levels. Sound therapy "tunes" the body so that people can experience greater physical, emotional, and spiritual wellbeing. Participants are invited to experience the power of these good vibrations! Free. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Musical Improv Playshop with Laurel Emrys • Third Sundays, Sept.-Nov., 2-4 p.m. • These events celebrate the art and craft of making music together through improvisational games. They are designed for instrumentalists, vocalists, and drummers, and all styles and levels of experience are welcome. The games will be guided by a professional musician providing just the right combo of structure and freedom. Free. Call 761-7699; info@laurelemrys.com or laurelemrys.com/playshops/.

Naturopathy

Effective Protocols for Removing Environmental Toxins and Chemicals from the Body with Nia-Avelina Aguirre • Sept. 27, 6:30-8 p.m.; Oct. 27, 6-7:30 p.m.; Dec. 3, 9:30-11 a.m. • This workshop teaches ways to lighten the body's burden of toxins and chemicals with common foods, local herbs, remedies, hydrotherapy, essential oils, and more. $65 (includes take-home package). Call 883-7513; niaaguirre.nd@gmail.com.

Colitis, IBS, Crohns, and More: Holistic Approaches to Digestive Health with Mary Light • Sept. 20, 6:30-8:30 p.m. • This session explains how traditional naturopathy outlines protocols for true healing rather than mere "management" of digestive issues. $25. Call 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Recovery from Addictions Using Holistic Approaches with Naturopathic School of the Healing Arts • Sept. 27, 6:30-8:30 p.m. • This session covers holistic approaches to supporting people in recovery, strengthening their body systems, and nourishing their basic health essence. This informative talk leads to the option of group participation in a confidential healing program series guided by naturopath Mary Light. $25. Call 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Nutrition and Food Medicine

How Genetic Based Nutrition Can Bring Wellness Beyond Your Dreams with DeLynn Lake • Sept. 14, 6-7 p.m. • Understand how and why personalized genetic nutrition can be an effective health care tool. Just as one shoe does not fit all, one food is not for everyone. Free. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Topics in Traditional Chinese Medicine: Food as Medicine with Bart Vermilya • Oct. 4, 8:15-9:30 p.m. • This talk covers traditional Chinese medicine ideas on food and how they tie into modern research. Includes practical recipes and suggestions for staying healthy. $10. Call Josh at 517-902-9657; info@wayoflifetecumseh.com or wayoflifetecumseh.com.

Adaptogens: Whole Body Stress Protection with Mary Light • Nov. 1 and 8, 6:30-9 p.m. • In this two-part lecture and experiential class, participants will see, feel, taste, and define a minimum of twelve adaptogens—herbs which act upon the body systems in a nutritive and balancing manner. Each class includes a fun, practical recipe to sample and take home. Call 769-7794; nshaassociates@gmail.com or naturopathicschoolofannarbor.net.

Food as Medicine with DeLynn Lake • Nov. 16, 6-7 p.m. • This talk covers a little history of food, what traditional medicine says about food, and how the quality of food can affect health and wellbeing. $10. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Supper + Support with Liza Baker • Eight Sessions Starting Sept. 11, 3 p.m. • This series offers a group experience that includes health coaching, hands-on cooking classes, and menu-planning workshops. Participants will discover the food choices that work for their families and come away with a menu plan that will enable them to cook from scratch regularly. $600/series. Registration deadline Sept. 6. Call 310-892-9485; liza@simply-healthcoaching.com or simply-healthcoaching.com.

***Fl!p Your Kitchen* Book Launch Party with Liza Baker • Nov. 4, 4-6 p.m. •** Celebrate the publication of *Fl!p Your Kitchen*. Free. Reservation required at https://is.gd/FYKLaunch. Call 310-892-9485; liza@simply-healthcoaching.com or simply-healthcoaching.com.

Paganism

Witches' Night Out • Sept. 13, Oct. 11, Nov. 8, Dec. 13; 7 p.m. in the Crazy Wisdom Tea Room • These gatherings involve drinking Witch Brew tea and networking with like-minded others. No cover. $3.50 for a pot of tea with free refills. For more information, call Carol at 665-2757; info@crazywisdom.net or crazywisdom.net.

Druidic Divination with Shining Lakes Grove at the Crazy Wisdom Community Room • Oct. 23, 1:30-4 p.m. • The Druid holiday of Samhain was a traditional time to practice the divinatory arts. Learn about divination techniques used by the ancient Indo-European people such as the Elder Futhark of the Norse, the Ogham of the Irish, the Greek Alphabet Oracle, and the Roman haruspicy. $10. Call Rev. Rob Henderson at 277-1897; robh@shininglakes.org or shininglakes.org.

Parenting

Mindful Child, Mindful Parent: Mindful Games that Reduce Stress in Youth and Ourselves with Susan Kaiser Greenland • Oct. 27, 7-8:30 p.m.; Oct. 29, 3-4:30 p.m. • Based on her upcoming book, *Mindful Games,* Susan will demonstrate how mindful games foster the essential life skills of quieting, focusing, reframing, caring, and connecting. These practices benefit both youth and their caregivers, and participants will learn simple games to integrate into their daily routines. $10. Call Kristin at 248-770-4782; info@mc4me.org or mc4me.org.

Parenting By Connection Study Group with Catherine Fischer • Sept. 18, 25, Oct. 2, 9, 16, 23 • In this six-week class, participants will learn and practice listening tools from Hand in Hand Parenting, providing immediate and lasting help with the emotional challenges of parenting. Discover how to keep connection and closeness at the forefront of parenting! For parents of children age ten or younger. $120 plus $30 literature fee. Save $20 by registering with a friend or partner. Call 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Mother Baby Group Ann Arbor with Catherine Fischer and Cynthia Gabriel • Thursdays, Sept. 1-Dec. 29, 1-2:30 p.m. • This is a weekly group for mothers of babies from newborn to just before crawling. They will discuss topics such as the unexpected emotions of motherhood, infant feeding, sleep, postpartum bodies, and more. Time for open discussion also included. $10/drop-in or $56/eight meetings. Call 395-5244; catherine@supportforgrowingfamilies.com or supportforgrowingfamilies.com.

Peace

5th Annual International Conference on Transgeneratioal Trauma: Communal Wounds and Victim Identities with Common Bond Institute • Oct. 26-29 • An interdisciplinary, cross-cultural conference in Amman, Jordan, focusing on the dynamics and implications of unresolved communal trauma and its inheritance into future generations where it serves as potent fuel for violence and war. This four-day program involves interactive dialogue and deliberation, a search for new culturally adapted models and methodologies, and sharing of skills to address this complex global syndrome that divides, polarizes, and perpetuates enemy images. Open to all. $395 (students $295). Call Steve at 269-665-9393; solweean@aol.com or cbiworld.org/home/conferences/tt/.

Personal Growth

HAI Mini Workshop: Creating Love and Connection with HAI Midwest • Sept. 10, Oct. 8; 5:30 p.m. gathering, 6-8 p.m. workshop at the Crazy Wisdom Community Room • In a safe, supportive, and relaxed environment, participants will discover the ingredients for a happy, healthy, loving, and intimate relationship. Free. Call Pauline at 317-721-4072; pauline.valvo@hai.org or hai.org.

The Impact of Technology and Social Media on our Lives and Relationships with Carole Kirby at the Crazy Wisdom Community Room • Sept. 18, 2-4:30 p.m. • Digital technology, social media, and Facebook are blessings in some ways, but they also create challenges. Participants will explore how technology may be sabotaging their love life, whether married or single. Learning to use social media intelligently and avoiding becoming "addicted" will be discussed. Free, but preregistration required. Call 369-2016; carole777@aol.com or therapy4couples.com.

Boundaries of the Self: Learn Ways to Strengthen and Regulate Your Boundaries with Carole Kirby at the Crazy Wisdom Community Room • Dec. 11, 2-4:30 p.m. • Boundaries provide security, self-esteem, self-confidence, and a sense of control over life, personal space, and personal freedom. Participants will learn about boundary challenges and how to create stronger or more relaxed boundaries depending on their needs. Free, but preregistration required. Call 369-2016; carole777@aol.com or therapy4couples.com.

Rock the Vibrational Wave of 2017 or Risk Rolling on the Rocks with Gayle Fitzgerald at the Crazy Wisdom Community Room • Oct. 22, 3:30-4:45 p.m. • Discover how to align with the power of 2017 to birth successful new beginnings. Participants may receive celestial light to assist in going to the next level of their ultimate power and purpose and to strengthen them for what is ahead. They can also learn how to still rise with the current of 2016. Free. Call 327-8423; gayle@celestialvibrations.com or celestialvibrations.com.

SUN SHEN One Prayer Class with Joanna Myers • Wednesdays, 6-7:30 p.m. • The One Prayer is a dynamic, custom-designed, self-management tool that people can take anywhere and update as they learn and grow. This course is for anyone wanting a greater understanding of themselves, more focus in life, and more satisfaction. The One Prayer is about having a vision and following one's heart, but it is also concrete and practical. $150/nine weeks. Call 395-8486; joanna@sunshen.org or sunshen.org/oneprayer/.

Active Hope: How to Face the Mess We're in Without Going Crazy with Claire Maitre • Saturdays, Sept. 17-Oct. 22; 10 a.m.-12 p.m. • This workshop offers fellowship, personal growth, new ideas, and an expanded vision of what's possible in response to the converging crises in the world today. Participants will read the book *Active Hope* by Joanna Macy and Chris Johnstone and engage in group processes that support positive world change. This experiential series will lead participants to an ongoing community of those who wish to identify with and act on a vision of a healthier and more beautiful society. $120 donation (sliding scale available). Call 248-613-8803; clairemaitre06@gmail.com or chrysalistransitions.com.

Spiritual Talk: Pure Meditation and Silent Prayer with Self Realization Meditation Healing Centre • Sundays, 7 p.m. • This weekly event welcomes people of all faiths, meditation practices, and traditions to listen to one of Mata Yogananda Mahasaya Dharmaji's recorded Inspiring Talks, followed by Pure Meditation and Silent Prayer. Concludes with Winged Prayer for those in need at 9 p.m. Participants may come and stay as long as they wish. Free. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

> *I wish I could show you when you are lonely ...*
> *or in darkness ... the astonishing light*
> *of your own being.*
>
> —HAFIZ

Q&A About How Group Work Enhances Personal Growth and Happier Relationships with Brian Ashin • First Tuesdays, Sept.-Nov., 7-8 p.m. • Explore how a personal growth group works and how it can add to one's sense of self-satisfaction and better relationships. Free. Call 678-3281; brian@brianashin.com or brianashin.com.

Creating Internal Resources with Cam Vozar • Sept. 14, 6:30 p.m. • This workshop will help participants create internal resources to cope with stress and increase wellbeing as they learn to connect to spiritual, nurturing, and protective resources. $10. Call 747-9073; cam.vozar@gmail.com.

How to Be a Happier Person -- Now! with Bob Bedard • Last Saturdays, Sept.-Dec., 1:30-4:30 p.m. • Each class will focus on a component of the intrapersonal happiness theory as a means to becoming a happier person. Monthly updates at ihthappiness.com. Donations accepted. Call 426-5685; happinessdocin@comcast.net or ihthappiness.com.

Healthy Boundaries with Karen Greenberg • Oct. 19, 6:30-9:30 p.m. • Participants will learn how to define healthy boundaries for and with themselves, and how to set and enforce them (without caving in). They will also learn how to respect the boundaries of others in personal and professional situations. $55. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Prosperity and Abundance

Building Your Spiritual Business with Karen Greenberg • Nov. 14, 6:30-9:30 p.m. • This workshop will provide universal spiritual practices and principles to repattern limiting beliefs and work through limiting low-vibrational emotions, worthiness issues, and sabotaging behaviors in order to create and sustain abundance and prosperity for a thriving spiritual business. $49. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Advanced Business Training for Birth Professionals with Patty Brennan • Oct. 22, 8:30 a.m.-5 p.m. • A highly-interactive day-long workshop focused on taking business to the next level. Topics include thinking like an entrepreneur, establishing value, acing the interview, marketing on a budget, optimizing websites, online marketing tips, networking effectively, goal-setting, time management, and more. $175 ($155 early registration). Call 663-1523; patty@center4cby.com or center4cby.com.

Reiki

First Degree Reiki with Suzy Wienckowski • Oct. 14, 7-9:30 p.m.; Oct. 15, 9:30 a.m.-5 p.m. • This two-day workshop is the first level of training in the Usui system of Reiki healing. Reiki is a gentle, hands-on healing art that is easily learned by all. Students learn the history of Reiki, hands-on treatment forms for self and others, and receive four individual initiations. Certificate awarded. $150. Call 476-7958; suzyreiki@aol.com.

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"In my dream
I was climbing a mountain
Never finding the top.
When I awakened
It wasn't a mountain
I was on a vast plain.
Then I began to dance
Until there was no I
There was only dancing."

Jonathan Ellis, Spiritual Director
734 761-5155 afternoons & evenings

The Crazy Wisdom Calendar

Reiki (cont.)

Curious about Reiki? with Suzy Wienckowski • Oct. 19, 7-9 p.m. • Learn about Reiki, a gentle hands-on healing art in which universal life energy is transmitted through the hands of a practitioner to promote balance of the whole person. Mini-treatments offered. Free. Call 476-7958; suzyreiki@aol.com.

Second Degree Reiki with Suzy Wienckowski • Oct. 28, 7-9 p.m.; Oct. 29, 9:30 a.m.-4 p.m. • This two-day workshop is the second level of training in the Usui system of Reiki healing. Students learn and are empowered to use the three sacred Reiki symbols, which focus and intensify the Reiki energy, enabling the practitioner to heal on a deeper lever and at a distance. Prerequisite: First Degree training. $500. Call 476-7958; suzyreiki@aol.com.

Usui Tibetan-Karuna Seiryoku Reiki Level One with Jennifer Vanderwal • Dec. 11, 11 a.m.-6 p.m. • Learn how to feel energy, energetic protections, hand positions, symbols, and crystals to enhance Reiki energy. Connect to universal life force energy to heal and help others, and become attuned to the Usui Tibetan Karuna Seiryoku Reiki Lineage. $150. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Usui Tibetan-Karuna Seiryoku Reiki Level Three A with Jennifer Vanderwal • Oct. 23, 11 a.m.-6 p.m. • Continue to grow your Reiki powers by learning to construct a healing crystal array for long distance healing and using other advance techniques. Certification upon completion of all three levels. $250. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Free Reiki Clinic with Matthew Ikonen • Sept. 22, Oct. 27, Nov. 17, Dec. 22; 7-8:30 p.m. • Book an individual mini-session to experience the powerful healing effects of Reiki. Cleanse, balance, harmonize, and promote healing at all levels. Preregistration required. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

The Difference of Reiki with Maryam Vakilian • Sept. 3, 7 p.m.; Oct. 14, 4 p.m.; Nov. 19, 4 p.m.; Dec. 22, 1 p.m. • Originally from Persia, Maryam will explain Reiki and how her practice differs from other healers in the United States. Free. Call 263-8284; t_alag@hotmail.com.

> *If the ocean can calm itself, so can you.*
> *We are both salt water mixed with air.*
>
> —NAYYIRAH WAHEED

Retreats

Developing Your Light Body with Karlta Zarley • Sept. 25-28 • This retreat, at an A-frame cottage on the shore of Lake Michigan, teaches participants about the light body (what it is, how it develops, how to enhance progress towards it, and how to check evolution). Shared vegetarian cooking responsibilities. $350 for fees, food, and lodging. Register by Sept. 18 at 834-1566; kzarley88@gmail.com or karltazarley.com.

Holistic Yoga and Meditation Retreats with Ema Stefanova • Sept. 9-11, 16-18, Oct. 14-16, Nov. 11-13 • These retreats take place at the Vivekenanda Retreat Center in Ganges, MI, where there are beautiful spaces and meditation trails to enjoy. Each weekend includes expert guidance in group and private classes, vegetarian meals, and more. Beginners welcome. RYTs earn YA CE hours. Space limited, register early. $425. Call 665-7801; emastefanova@cs.com; yogaandmeditation.com.

Day of Mindfulness with Paulette Grotrian • Oct. 29, 10 a.m.-3:30 p.m. • This day-long retreat, based on the work of Dr. Jon Kabat-Zinn, will include sitting meditation, walking meditation, and mindful eating, along with instruction and inspiration. It is a day of self-care, rest, renewal, and healing. $50. Call 276-7707; mindfulnesswithpaulette@gmail.com or mindfulnesswithpaulette.weebly.com.

Silent Retreat with Self Realization Meditation Healing Centre • Nov. 18-20 • This retreat is for people of all faiths, traditions, and practices. $140/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Rejuvenating Retreat with Self Realization Meditation Healing Centre • Dec. 10-11 • This retreat is designed to provide a refreshing and rejuvenating weekend to help participants enjoy the busy season more by nourishing the self on every level. A natural spiritual healing session is available for an additional cost. $75/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

Christmas Celebration Retreat with Self Realization Meditation Healing Centre • Dec. 24-27 • A truly spiritual way to celebrate the inner beauty of this holy time. This retreat is held in silence with ample time to meditate, contemplate, relax, and get in touch with the inner self. Attendees can hear Mata Yogananda Mahasaya Dharma's Christmas message on Christmas morning. $175/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

New Year's Gathering with Self Realization Meditation Healing Centre • Dec. 31-Jan. 1 • This retreat is designed to help participants prepare for the new year with opportunities for quiet time, meditation, introspection, a stretch and breathe class, spiritual discussions, and sharing inspirations. $136/person (shared room, vegetarian meals). Private rooms and bursary may be available. Call 517-641-6201; info@SelfRealizationCentreMichigan.org or SelfRealizationCentreMichigan.org.

One-Day Retreat with Zen Buddhist Temple • Nov. 5, 9 a.m.-5 p.m. • The retreat offers sitting and walking meditation, simple manual work, vegetarian lunch, and rest for an interval of deepening, slowing down, silence, and mindfulness. $60. Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Yongmaeng Jeongjin (Intensive Retreat) with Zen Buddhist Temple • Oct. 6-9 or Dec. 26-31 • Yongmaeng Jeongjin, which means "fearless practice," is a period to free oneself from all worldly ties and absorb oneself completely in concentration. It provides an opportunity for discovering wisdom mind and developing a compassionate heart. The event is reserved for practicing members or non-members with serious meditation experience. Minimum attendance is two days. $60/day ($50/members). Call 761-6520; AnnArbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Temple Stay/Visitor's Program and Residential Options with Zen Buddhist Temple • Ongoing • This program provides participants with an opportunity to spend time living in a Buddhist community. They follow the daily schedule and participate in programs such as retreats, study groups, public services, and yoga classes as their schedules permit. One can seriously pursue a spiritual path or simply seek peace and harmony in a wholesome environment. Prior arrangement with the Temple Director is necessary. Call 761-6520; annarbor@ZenBuddhistTemple.org.

Salons

From Separation to Community: Building Bridges through Healthy Communication • Lucinda Kurtz, M.A., Salon Facilitator • Thurs., Sept. 29, 7:00 p.m. • Crazy Wisdom Tea Room • Guests include Lisa Gottlieb, M.S.W., S.S.W., Nonviolent Communication Certified Trainer Candidate; Belinda Dulin, Executive Director, Dispute Resolution Center of Washtenaw County; Gloria Zimet, Reflexologist, Holistic Healing Teacher and Practitioner, specializing in transforming limiting beliefs. First of a 3-part salon series: "Building Bridges between People: Dispelling Fear and Creating Hope." Free. Open discussion and experiential interactions based on salon topic of healthy communication. (734) 635-9441. lucinda@lucindakurtz.com. www.lucindakurtz.com.

Creating an Interfaith Dialogue for Deep Listening: Dispelling Fear of Religious Diversity • Lucinda Kurtz, M.A., Salon Facilitator • Thurs., Oct., 6, 7:00 p.m. • Crazy Wisdom Tea Room • Guests include Rev. Susan B. King, Co-Director, Interfaith Round Table of Washtenaw County; Rabbi Robert Dobrusin, Beth Israel Congregation; Rev. Lauren Zinn, Ph.D., Religion Education Consultant; Imam Yahya Luqman, Ahmadiyya Muslim Community of Metro Detroit; Rev. Greg Briggs, Asoc, Pastor, Bethlehem United Church of Christ, Interfaith Council for Peace and Justice, One Human Family Campaign. Second of a 3-part Salon series: "Building Bridges between People: Dispelling Fear and Creating Hope." Free. Open discussion for community. (734) 635-9441. lucinda@lucindakurtz.com. www.lucindakurtz.com.

Immigration: Overcoming Fear of the Other in this Age of Terrorism • Thurs., Oct. 20, 7:00 p.m. • Crazy Wisdom Tea Room • Lucinda Kurtz, M.A., Salon Facilitator • Guests include Shrina Eadeh, Director of Refugee Resettlement Services, Jewish Family Services of Washtenaw County; Representative, Samaritas Organization, Connecting new immigrants with families and communities; Darren Miller, Staff Attorney, Michigan Immigrant Rights Center; Omar Mohamed, Outreach Chair, Muslim Community Association of Ann Arbor. Third of a 3-part Salon series: "Building Bridges between People: Dispelling Fear and Creating Hope." Free and open discussion for the community. (734) 635-9441. lucinda@lucindakurtz.com. www.lucindakurtz.com.

If you are interested in obtaining some biographical information about the teachers, lecturers, and workshop leaders whose classes, talks and events are listed in this Calendar, please look in the section that follows the Calendar, which is called "Background Information" and which starts on page 118.

Shamanism

Community Shamanic Journey Circle with Kate Durda • Nov. 19, 7-9 p.m. • A Journey Circle is a gathering of people who practice the shamanic journey together. It welcomes new and experienced practitioners alike, and it enables everyone to step into their power with a shamanic community. $20 ($15 by Nov. 12). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism Lower World, Power Animals and Allies with Kate Durda • Sept. 17, 10 a.m.- 5 p.m. • This workshop welcomes beginners and advanced practitioners to see what shamanism can offer in everyday life. This is the first in a series of three stand-alone sessions that will guide people to practice the journey to the lower world, work closely with power animals, and learn about power songs, healing methods, shapeshifting, and more. Complete series recommended for serious practitioners. $100 ($90 by Sept. 10). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism Upper World, Teachers and Guides with Kate Durda • Nov. 19, 10 a.m.- 5 p.m. • This workshop welcomes beginners and advanced practitioners to see what shamanism can offer in everyday life. This is the second in a series of three stand-alone sessions that will guide people to experience the upper world, a realm of spiritual enlightenment and truth, and the realm of teachers, masters, and guides. Complete series recommended for serious practitioners. $100 ($90 by Nov. 10). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Path of the Open Heart Shamanism Apprentice Series: Basic Training in Shamanism Divination, Methods of Shamanic Inquiry with Kate Durda • Dec. 3, 10 a.m.- 5 p.m. • This workshop welcomes beginners and advanced practitioners to see what shamanism can offer in everyday life. This is the third in a series of three stand-alone sessions that will introduce participants to the practice of divining the truth, an effective method of seeking knowledge. Complete series recommended for serious practitioners. $100 ($90 by Nov. 28). Call to preregister at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Introduction to Journeying with Connie Lee Eiland • Sept. 18, 10 a.m.-5 p.m. • During this class, participants will learn power animal retrieval and journey to upper, lower, and middle worlds with drums and rattles. This class is a prerequisite for advanced classes. $80 ($70 by Aug. 27). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Shamanism, Death, and Dying with Connie Lee Eiland • Oct. 8, 9:30 a.m.-6 p.m.; Oct. 9, 10 a.m.-4 p.m. • This workshop will enable participants to heighten their spiritual understanding of death and the steps involved in dying, and to see death as a part of life. They will learn the art of psychopomp, which helps suffering beings to cross over. $220 ($180 by Sept. 17). Call 248-809-3230; clshebear7@gmail.com or shewolfshaman.com.

Weather Shamanism for Our Time: What Calls the Weather Down with Nan Moss • Sept. 29-Oct. 2 • This weekend is dedicated to carrying on the shaman's respected task of looking after relations between the human community and beings and spiritual forces of nature. Workshops will involve investigation of weather-working, the nature of power in the middle world, symbols, and their potential application for weather-working, personal work, ceremony, and more. Residential event in Hastings, MI. See website for cost or call Kate at 517-667-0694; SpiritWeavers@gmail.com or spiritweavers.net.

Skin Care

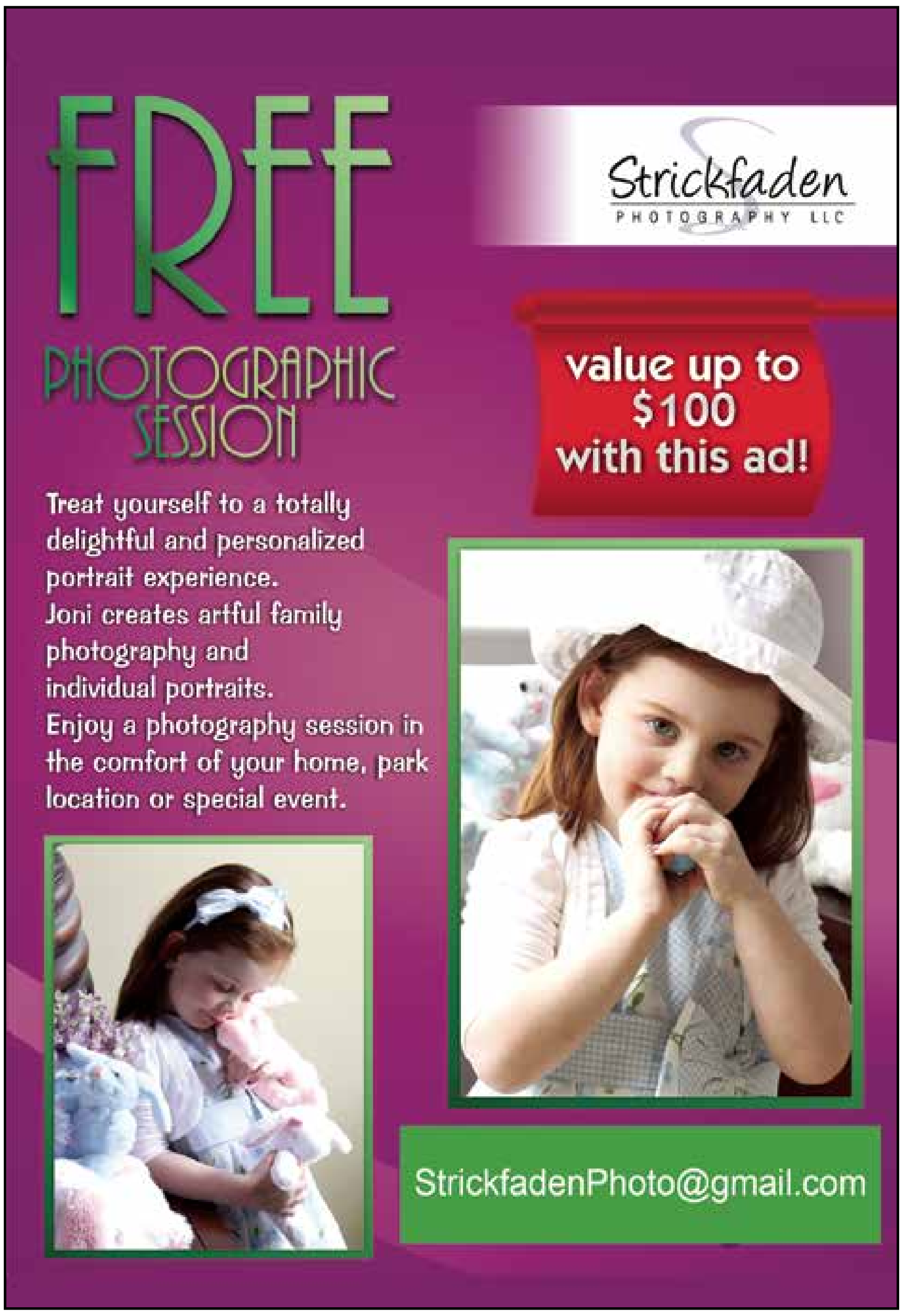
Making Healing Creams, Salves, and Lip Balm with Michigan Folk School • Oct. 8, Nov. 5; 9 a.m.-12 p.m. • Wellness is not just about what people put into their bodies, but also what they put on them. Participants will focus on a handful of healing herbs that can be easily found or grown in the garden. They will learn how to infuse oils with herbs and how to blend oils to create healing salves, creams, and lip balm. $39 tuition plus $15 materials fee. Call Anne at 477-8943; astevenson@wccnet.edu.

Spiritual Development

A Simple, Brief, Effective Spiritual Exercise with Spiritual Growth Meetup and Eckankar of Ann Arbor • Fridays, 6:30-7:15 p.m. in the Crazy Wisdom Community Room • Singing HU, an ancient name for God, can be a way to tune into the spiritual currents and initiate profound experiences. This group sings HU as an undirected prayer to harmonize consciousness, open the heart to God's love, and for spiritual upliftment. Free. Call John at 320-2010; tutdebon@gmail.com or eck-mi.org.

Wholehearted Warriors with Charlotte Young Bowens • Second and Fourth Sundays, 2:30-4:30 p.m. • A spiritual discussion group for individuals striving for wholehearted living and engaging life from a place of worthiness. Free. 531-7988; wholeheartedwarriors@gmail.com or wholeheartedwarriors.com.

Women's Sacred Mysteries Class with In Sacred Balance • Mondays, Nov. 7-Dec. 19 • This class aims to provide a shift in perspective on female rites of passage to deepen respect for women's wisdom throughout the ages. This trans and non-binary inclusive course will explore archetypes related to these passages using healing rituals, guided meditations, song, storytelling, readings, and discussion. Odd-numbered weeks involve in-person meetings from 7:30-9:30 p.m.; Even-numbered weeks involve teleconference calls from 9-10 p.m. $250. Call ShuNahSii Rose at 761-9148; shunahsii@insacredbalance.com or insacredbalance.com.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Light Worker Activation with Sandya Sandra Shears • Wednesdays, 7 p.m. • Participants will learn how to serve as a light worker or world server who has been incarnated at this special time to facilitate the transition to the next age. It is time to bring the gifts that will accelerate healing and activate spiritual purpose. Includes sound attunement, energy healing, and activation with channeled meditation. Prepaid monthly fee. Call 340-2616; sandya2033@yahoo.com or sandya-sandrashears.com.

Connecting with Archangels with Karen Greenberg • Nov. 3, 6-9 p.m. • Participants will become acquainted with the archangels represented in the sephirot (spheres) in the tree of life. Course will explore archangels, their roles, what assistance they provide, and how to safely call upon them. $63. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Life O.S.16: The Depths of Yogic Living with Abby Durga Devi and David Shiva Das • Starts Sept. 10, 12 p.m. • This is a 40-day immersion into the exploration of yogic living in the modern world. Abby and Dave from the House of Yoga in Berkley, MI, will lead this journey to restore health and balance the mind, body, and soul, and to connect more deeply to the divine. $351. Call (248) 556-0992; abby@houseofyoga.net or houseofyoga.net.

Tantra, Yoga, and Love Mysticism with Russill Paul • Sept. 16-18 • This author, musician, and spiritual mentor will present satsang, a workshop of ecstatic yoga of sound, and Tantra, Yoga, and Love Mysticism. He aims to teach participants to heal their hearts and change their lives. $180. Call Abby or Dave at (248) 556-0992; abby@houseofyoga.net or houseofyoga.net.

The Spiritual Life: A Work in Progress with Center of Light Ann Arbor • Sept. 16, 7:30-9 p.m. • Mother Clare Watts will open the doors of perception to reveal the goals of spiritual practices. She will help participants see where they are now spiritually, and the heights they have the potential to grow into. Free. Call Selena 330-5048; revselena@centersoflight.org; centersoflight.org/annarbor.

The Divine Feminine: She Who Dwells Within with Center of Light Ann Arbor • Sept. 17, 7:30-9 p.m. • Mother Clare Watts will discuss embracing the divine feminine as part of a balanced approach to spirituality. She will lead participants in rediscovering and reclaiming this essential aspect of relating with God. Free ($45 value). Call Selena 330-5048; revselena@centersoflight.org; centersoflight.org/annarbor.

The Energies of Atlantis and the Temple Within with Sanctuary of the Magdalene • Oct. 28-30 • This experiential weekend will offer a blend of lectures, workshops, and private healing sessions or readings. Friday will begin with creating a crystal grid, Saturday will involve focusing on energy healing techniques, and Sunday will conclude with celebrating the inner connection with source and the inner sacred temple. Price varies based on need. Call (269) 276-0270; maryesah@magdalenerose.org or magdalenerose.org.

The Many Applications of Osteopathic Manipulative Medicine

By Susan Rose

I am a D.O. (Doctor of Osteopathic Medicine) and board certified in Neuromusculoskeletal Medicine/Osteopathic Manipulative Medicine. Previously, I practiced family medicine with osteopathic manipulative medicine (O.M.M.) for 20 years. I now exclusively practice O.M.M. What does all that mean? Many people, if not most, do not know what a D.O. is, let alone what O.M.M. is.

There are two types of fully licensed physicians — M.D. (medical doctor) and D.O. — in the United States. Both M.D.s and D.O.s are licensed to practice medicine and surgery, practice all the recognized medical specialities (yes, there are some M.D.s practicing O.M.M.), prescribe medication, and use technology to diagnose disease and injury. Osteopathic medicine emphasizes helping each person achieve a high level of wellness by focusing on health promotion and disease prevention. It also offers the added benefit of hands-on diagnosis and treatment through a system of therapy known as O.M.M.

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There are approximately 74,000 D.O.s in the U.S., comprising nearly 10 percent of all physicians in this country. There are 31 colleges of osteopathic medicine on 45 campuses in 30 states. Greater than 20 percent of all medical students in the U.S. attend colleges of osteopathic medicine. Michigan has one of the highest numbers of practicing D.O.s, who have long been leaders at the national level, within and outside of the osteopathic profession.

I did my undergraduate education at University of Michigan. After working three years as a nurse, I went to medical school at Michigan State University College of Osteopathic Medicine (MSU-COM). MSU-COM has consistently ranked in the top of all medical schools (M.D. and D.O.) for the eduction of primary care physicians. When I was at MSU-COM, its faculty was abundant with renowned physicians in O.M.M. Among my professors was John Upledger, D.O., who would later develop craniosacral therapy and the Upledger Institute, which has educated more than 100,000 practitioners in craniosacral therapy. I extended my medical school education in order to do a fellowship in biomechanics and O.M.M. with Dr. Upledger. That helped determine my future course. I first learned craniosacral therapy from Dr. Upledger with continued study over the past 30 years. It is a mainstay modality of my O.M.M. therapy.

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When I practiced family medicine, I consistently derived the most gratification from the use of O.M.M. and seeing the improvement those patients made, usually without the use of prescriptions or invasive procedures. For example, children with ear infections recover more quickly when they are treated with O.M.M. They also have a lower incidence of recurrent or chronic ear infection. I decided to start a new practice to exclusively practice O.M.M.

Typical to the practice of O.M.M., most patients present with musculoskeletal problems. As noted in regards to children with ear infections, patients with a wide range of medical conditions can benefit from this system of therapy. I often see patients who have not healed with the conventional medical modalities. Many times conventional medicine practitioners have given up on these patients and/or the patients have given up on the conventional practices.

Recently, I saw a high school junior who had two sports-related injuries that had not resolved. The first injury was a concussion suffered nearly 18 months prior. She experienced a severe daily headache and difficulty focusing that greatly interfered with her life, particularly school. She missed school time every week and went directly to bed after school for at least two hours. She was seen by a neurologist and had the usual testing and treatment, but did not improve. Since she was no longer able to participate in any sports in which she had been previously active year round, she was assisting her team as a student manager. One day, she decided to participate in practice activity and fell, sustaining a knee injury. She was diagnosed with a ligament sprain. Despite conventional medical care and two courses of physical therapy, she continued to have pain.

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At my practice, she was treated with very gentle techniques. Her knee was treated primarily with myofascial techniques that involve gentle unwinding of the involved fascia. Her post-concussion symptoms were treated with craniosacral techniques involving the placement of my hands primarily to her head and using gentle pressure to balance and free the mechanism that includes bony sutures, fluid, and membranes. After her first treatment with O.M.M., within three days her knee pain was gone and her headache improved 50 percent. After another treatment and one week later, her headache improved another 50 percent. Within one week of her first treatment, she was able to attend school every day and was no longer going directly to bed after school.

My regret is that this patient had not been treated sooner with O.M.M., instead of suffering for such a long time. O.M.M. has been shown to be very effective in treating concussion and its after effects. It is best to see the patient as soon as possible after the injury, but (as this case shows) it can still be effective after a longer period of time. I have treated a number of athletes for sports-related injuries who are able to return to their sport sooner than usually expected with conventional medical treatment.

> Most ankle sprains involve no actual tearing of the ligaments as is typically described conventionally. I find that most ankle sprains may have stretching and tenderness of ligaments, but that actual injury is a dysfunction or subluxation of some bones of the foot, ankle, and/or lower leg. With correction of the dysfunctions, the pain is relieved almost immediately and swelling resolves very quickly. I have gotten athletes back to full activity in 1-2 weeks.

For example, typically an athlete does not return to full sports activity for at least six weeks after an "ankle sprain." I put "ankle sprain" in quotations because most ankle sprains involve no actual tearing of the ligaments as is typically described conventionally. I find that most "ankle sprains" may have stretching and tenderness

Most often people come to me with musculoskeletal pain that can be anywhere in the body. I treat the whole body. I treat athletes for foot, ankle, knee problems. I treat musicians for hand, wrist, and upper extremity overuse problems.

of ligaments, but that actual injury is a dysfunction or subluxation of some bones of the foot, ankle, and/or lower leg. With correction of the dysfunctions, the pain is relieved almost immediately and swelling resolves very quickly. I have gotten athletes back to full activity in 1-2 weeks. In fact, it is found that if those dysfunctions are not corrected, the athlete can go on to chronic pain and/or recurrent ankle injuries.

When I treat, I look at the entire body from head to toe. I look for the underlying cause of the patient's symptoms. As an example, I had a patient who came to me complaining of left shoulder pain. She had an MRI from her family doctor showing a ruptured cervical disc on the right, and the family doctor was sending her to a neurosurgeon regarding the disc. She had no symptoms or physical findings attributable to the disc problem on the right. She did have symptoms and findings of right bicipital tendonitis with impingement due to scapular imbalance. I performed O.M.M., which improved her symptoms immediately. I then sent her to physical therapy for training in stretches and strengthening to stabilize the area. Her problem resolved. She was having no symptoms attributable to her cervical disc rupture. Surgery is not indicated for an MRI finding that is not causing any symptoms.

Most often people come to me with musculoskeletal pain that can be anywhere in the body. I treat the whole body. I treat athletes for foot, ankle, knee problems. I treat musicians for hand, wrist, and upper extremity overuse problems. I treat people for TMJ problems, frequently in conjunction with a dentist who may have them in bite splints or retainers. Infants respond well to craniosacral therapy for crooked heads (plagiocephaly), fussiness, colic, feeding problems, sleeping problems. Children with such conditions as A.D.H.D., dyslexia, autism, the facial features of downs syndrome have shown improvement with the use of craniosacral therapy. Asthma and otitis media can be very responsive to O.M.M. O.M.M. is useful in a number of conditions that one may not think about.

The office of Dr. Rose is located at 5889 Whitmore Lake Road, Suite 4, in Brighton, MI, just 15 minutes north of Ann Arbor directly on US-23. The phone number is (810) 588-6911. Dr. Rose is now certified by the Performing Arts Medicine Association. For more information, visit www.drsusanrose.com.

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Crazy Wisdom
Tea Room Readers

Tarot • Psychic Intuitive
Astrology • Palmistry

No appointment needed; Readings $1.50 per minute

Monthly Schedule

Tarot Readings with Kathy Bloch.
1st and 3rd Tuesdays, 5:30-8:30 p.m.
klbloch@hotmail.com

Tarot/Psychic Readings with Rebecca Williams
Thursdays, 6-9 p.m.
rebeccawilliams999@comcast.net

Intuitive Readings with Irena Nagler
2nd and 4th Fridays, 6:30-9:30 p.m.
birena@umich.edu - 734.996.1772

Tarot Readings with Gail Embery
1st and 3rd Fridays, 6:30-9:30 p.m.
ReadingswithGail.com - 313.655.7694

Astrology Readings with Alia Wesala
2nd and 4th Saturdays, 3-6 p.m.
astrolibration@gmail.com - 734.719.0782

Palmistry Readings with Vijayalaxmi Shinde
1st and 3rd Saturdays, 3-6 p.m.
and 2nd and 4th Sundays, Noon-6 p.m.
vijaya_laxmi@comcast.net - 734.961.8052
www.positivepalmistry.com

Intuitive Readings with Marcella Fox
1st and 3rd Sundays, 3-6 p.m.
marcellapfox@gmail.com.- 717-8513

114 S. Main St, Ann Arbor - 734.665.2725

The Crazy Wisdom Calendar

Spiritual Development (cont.)

Angelic Soul Retrieval with Diana Burney • Sept. 17, 10 a.m.-5 p.m. • This event is designed for those who feel like part of them is missing, or those who have experienced emotional or physical trauma, surgery, or spiritual numbness. Please bring a pendulum and a medium-sized quartz crystal. $100 early registration; $125 late registration. Call 786-6588; earthrelease@msn.com.

Spiritual Empowerment with Diana Burney • Oct. 15, 10 a.m.-5 p.m. • Now it is more important than ever to release energies that cannot be sustained in a higher-vibrating reality and to maintain individual equilibrium. This seminar teaches people to create balance in body, mind, and spirit. $100 early registration; $125 late registration. Call 786-6588; earthrelease@msn.com.

Spiritual Clearings Level One with Diana Burney • Nov. 12, 10 a.m.-6 p.m.; Nov. 13, 10 a.m.-5 p.m. • This event is designed for those feeling stuck in their spiritual growth, career, relationships, or finances. Learn how to identify specific negative energies and obstacles, how to release them effectively, and how to enhance spiritual protection. $275 early registration; $300 late registration. Call 786-6588; earthrelease@msn.com.

Journey to the Heart of Mercy with Janene Ternes • Nov. 12, 9:30 a.m.-3 p.m. • Using prayer, participants will reflect on times when they have been the recipient of mercy, as well as the giver of this gift. Using music, movement, journaling, and guided meditation, participants will take the next steps on their personal paths toward the heart of mercy. Basic movements will be taught which can be done by anyone, regardless of experience or physical limitation. $45. Call 347-2422; prayerinmotionllc@gmail.com; prayer-in-motion.com.

Realization Process Practice Session with Mara Evanstar • Tuesdays, 6-7:30 p.m. • Practice Realization Process, developed by Dr. Judith Blackstone, is a body-centered approach to personal and spiritual healing and maturity. It integrates the process of spiritual realization with psychological and relational healing and embodiment. Donations accepted. Email arammai.services@gmail.com or arammai.com.

> *The mantra is not merely a technique of awakening: it is actually and in itself a state of being indicative of the presence of divinity.*
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> — AJIT MOOKERJEE

Introduction to the Diamond Approach • Sept. 27, 7-9 p.m. • The Diamond Approach, developed by A.H. Almaas, uses the findings of modern psychology and the wisdom traditions to support a return to one's essence or true nature. This talk will present an overview and provide a chance to practice with the method. Suggested donation $10. Call 657-1821; diamondworkmichigan@gmail.com or diamondworkmichigan.com.

Diamond Approach Study Group with Lou Weir • Oct. 11, 25, Nov. 8, 22, Dec. 6; 7-9 p.m. • The Diamond Approach is an embodied spiritual practice designed to explore the barriers to and experience of one's essential nature. This bi-weekly group will study the book *Diamond Heart 1* by A.H. Almaas, and practice inquiry together. Suggested donation $10/session or $40/five sessions. Call 657-1821; diamondworkmichigan@gmail.com or diamondworkmichigan.com.

Advent Retreat: Missionary Discipleship with Anthony Gittins • Nov. 27-Dec. 2 • Identify Jesus' call to discipleship and what it entails. Participants will explore examples of male and female discipleship in the New Testament and decontextualize the Gospel stories, applying them to contemporary life. $425 single occupancy; $275 commuter; $25 nonrefundable deposit. Call the Weber Center (517) 266-4000; webercenter@adriandominicans.org or adriandominicans.org/registration.aspx.

Single Women's Retreat: Abundant Life with Janene Ternes • Sept. 17, 10 a.m.-3:30 p.m. • Using music, movement, journaling, and guided meditation, Janene will lead single women in exploring their own personal stories of courage, faithfulness, witness, and service. $45 (includes lunch), $10 nonrefundable deposit. Call the Weber Center (517) 266-4000; webercenter@adriandominicans.org or adriandominicans.org/registration.aspx.

Being (Breathing) All You Can Be: The Path to Your Highest Potential with Dave and Pat Krajovic • Oct. 23, 9 a.m.-4 p.m. • Wisdom teachers, ascended masters, and contemporary thought leaders have all recognized the power of the breath. Participants can choose to open their breath to unlock access to prosperity, vitality, health, and happiness. $159. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

28 Days of Presence: Harnessing the Power of Now with Dave and Pat Krajovic • Wednesdays, Oct. 5-Nov. 2, 7-8 p.m. • In this 28-day journey, participants will learn what drives their reactions to life, integrate unresolved emotional charges, and discover the path that leads to an authentic, joyful life. Daily assignments provided. Recommended for those serious about transforming their lives. $97 teleconference plus $12 manual. Call Pat at 416-5200; inspired@ascensionbreathing.com or ascensionbreathing.com.

The Art and Science of Manifestation with Matthew Ikonen • Sept. 18, 12-4 p.m. • Learn the theory and practice of personal manifestation, utilizing Words of Power. This ancient practice has been called by many names, and is presented in a modern form using positive affirmation and the science of morphic fields. $69. Call 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Zohar: The Book of Radiance with Karen Greenberg • Nov. 1, Dec. 6, 7-10 p.m. • Explore the hidden and mystical meanings concealed in the Old Testament (Torah). Deepen spiritual knowledge, awareness, consciousness, and connection. $50. Call 417-9511; krngrnbg@gmail.com or clair-ascension.com.

Storytelling

Story Night with Members of the Ann Arbor Storytellers' Guild • Sept. 8, Oct. 13, Dec. 8; 7-9 p.m. in the Crazy Wisdom Tea Room • Come to hear stories for grownups. Enjoy yummy desserts, exotic teas, or light supper while listening to Ann Arbor Storytellers' Guild members. Free, donations accepted. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Ann Arbor Storytellers' Guild at the Ann Arbor District Library • Fourth Sundays, 2-4 p.m. • Monthly meetings always start with stories and then more stories! Listeners and tellers welcome. Free. For more information, see annarborstorytelling.org or facebook.com/annarborstorytellers.

Stress Management

Mindful Games: How to Teach Attention, Balance, and Compassion at School and at Home with Susan Kaiser Greenland • Oct. 28-29 • In this one-and-a-half-day workshop, participants will learn mindful games to integrate into parenting, teaching, and caregiving. These games have been developed and tested over many years and have shown to improve focus, emotion regulation, and the ability to respond to situations calmly with kindness and compassion. $175 ($100 for students). Contact Kristin at info@mc4me.org or mc4me.org.

Yoga Nidra Deep Relaxation Seminar and Certification Course with Ema Stefanova • Part One, Oct. 7-8; Part Two, Nov. 4-5 • This program is designed to help people learn the authentic art and science of deep yogic relaxation as originally simplified for the modern ages by Satyananda Pramahansa. This seminar can benefit those seeking to advance their meditation practice, heal, or simply deal with daily life. Certification requires additional hours. See website for prices. Call 665-7801; emastefanova@cs.com or yogaandmeditation.com.

Sustainability

Mystery of the Bees: Part Two with David Hall • Sept. 27, 7-8:30 p.m. in the Crazy Wisdom Community Room • Join a discussion about the buzz around honeybee die-off. Participants will look at the lives of the honeybees and their roles (along with other pollinators) in our world. They will cultivate a more mindful, supportive relationship with honeybees and walk away knowing simple actions they can take. Free. Sponsored by People's Foods Co-op. Contact outreach@peoplesfood.coop or peoplesfood.coop.

Permaculture and Consciousness with David Hall • Nov. 1, 7-8:30 p.m. in the Crazy Wisdom Community Room • Find out how to apply the principles of permaculture to spiritual wellbeing in this practical DIY talk. Come with curiosity and openness for an honest, frank discussion of what living is and is not all about. Free. Call 520-343-5976; innerouterservices@gmail.com.

How to Maximize Nutrient Density in Local Food Systems with Dan Kittredge • Nov. 12, 13; 9 a.m.-5 p.m. • Commercial and small-scale growers, nutritionists, and local food activists will come away from this workshop with practical problem-solving strategies and a larger vision for transforming the food system. Learn how improving the soil's living ecosystem, or the "gut flora" of plants, can strengthen resistance to crop disease while improving nutrition and flavor. Soil health can create human health. Contact Claire for price at 248-613-8803; clairemaitre06@gmail.com or bionutrient.org/workshops.

Tai Chi, Martial Arts, and Self-Defense

Wu Style Tai Chi at Jewel Heart • Sundays, Sept. 4-Dec. 18, 4-5:30pm • Learn the ancient art of meditation in motion with this “soft style” martial art emphasizing relaxation and balance. Suggested donation $5. Call 994-3387; programs@jewelheart.org or jewelheart.org.

Beginning Tai Chi with Master Wasentha Young • Sept. 12-Dec. 15; Mondays, 10-11:15 a.m.; Tuesdays, 2:30-3:45 p.m. and 7:15-8:30 p.m.; Thursdays, 7:15-8:30 p.m. • Tai Chi is a Chinese internal martial art consisting of a series of postures linked together in a continuous and fluid form. As a moving meditation, it promotes balance, coordination, concentration, and relaxation. Beginners can attend any or all classes for the same tuition. $185. Call 741-0695; info@peacefuldragonschool.com or peacefuldragonschool.com.

Tai Chi: Beginning through Advanced with Good EnerChi Studio and Staggerin’ Dragon School of Tai Chi • Ongoing classes • Tai Chi classes are for individuals of any age and fitness level who seek to relax and have fun with this engaging body/mind activity. Tai Chi is a peaceful, flowing, low-impact exercise, well-suited for calming and centering. Free/low fee. Call Karla at 325-4244; karla@goodenerchistudio.com or goodenerchistudio.com/classes.

Tai-Chi Pushing Hands with Sifu Joseph Wang • Wednesdays, 5:30-7:30 p.m. • Pushing hands is an interactive tai-chi training, which helps participants experience the world in a non-reactive, calm way. Participants find freedom and power within themselves and interact with others without compromising the self. $21 drop-in; $70/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

SUN SHEN Basic Tai-Chi Form with Ann-Margaret Giovino, Jan Katz, and Alexis Neuhas • Mondays, 6-7 p.m.; Tuesdays, 7-8 p.m.; Thursdays, 1-2 p.m., 7-8 p.m. • Participants will learn to build a solid foundation in tai-chi principles in an intimate setting, with guidance and personal adjustment in the SUN SHEN 35 forms. Learn the sequence and details of the form as you experience the calm, effortless power which comes from relaxed focus. $17 drop-in; $55/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

Morning Tai-Chi with Master Sang Kim • Mondays-Fridays, 7-8:30 a.m. • Participants will learn how tai-chi enables them to cultivate happiness, power, and potential, and get to know a part of themselves that was hidden and that they have been looking for all their lives. $225/month. Call Alexis at 845-9786; alexis@sunshen.org or sunshen.org.

> *When the light comes from within,*
> *balance is inevitable.*
>
> — AMY JIRSA

Wu Style Tai Chi Chuan with Sifu Genie Parker • Mondays and Thursdays, 6-7:30 p.m.; Sundays, 4 p.m. • Wu style tai chi is a soft style martial art emphasizing balance and relaxation. All are welcome to learn this ancient art of meditation in motion. $45/month for one class/week; $70 for two classes/week. First class free. Call 248-229-1060; info@wustyle-annarbor.com or wustyle-annarbor.com.

Tai Chi with Michigan Tai Chi Association • Ongoing Classes • Tai Chi is a great overall exercise that can be practiced by people of all ages and health conditions. Tai Chi is a meditation form of exercise that promotes balance and flexibility, and it has been found to reduce stress and lower blood pressure. $40/month unlimited, $30/month for seniors. Call Sally at 591-3530; michtaichi@aol.com or taotaichi.org.

Martial Arts Classes with Huron Valley Aikikai • Monday-Saturday mornings and evenings • Huron Valley Aikikai is a community of martial arts practitioners with the goal of providing an authentic, supportive, and high-quality environment for the study of Aikido. Classes include Aikido, Zen Meditation, Mixed Martial Arts, Batto-ho, Weapons, and Children’s Aikido. For complete information, call 761-6012; hv-aikido.com.

Martial Arts Advantage • Morning and evening classes daily • An extensive collection of fitness and martial arts courses, Martial Arts Advantage offers classes for young children to adults in their 60s and older. Classes include yoga, pilates, cardio kickboxing, boot camp, and specialized martial arts training. First class is free. Memberships available. Call 996-9699; themartialartsadvantage.com.

Aikido Yoshokai Association of North America • Evening classes offered four days per week • Aikido is a form of Japanese Budo, a way of study including both physical and mental training. The word Aikido can be loosely translated as “the way of harmony with nature or universal energy.” Aikido is a way of studying harmony through physical movements. We study moving in harmony with others to eventually strike harmony with nature. Children’s classes offered also. Call 662-4686; aikidoyoshokai.org.

Asian Martial Arts Classes with Ryan Wilson and Barbara Marynowski through White Crane • Ongoing evening classes • Traditional, fully Asian-recognized martial arts training methods sponsored through Juko Kai International and the International Okinawan Martial Arts Union. Call 417-7161; whitecranemichigan.com.

Classes with Asian Martial Arts Studio • Ongoing classes • Martial arts classes include Aikido, Kung Fun, Karate, Tai Chi, Wing Chun, and Lion Dance with the goals of developing a truthful knowledge of the fundamental elements of our martial arts traditions and their roots in Asian culture. Children’s classes offered also. Call 994-3620; a2amas.com.

Tai Chi Classes with Richard Miller of Ann Arbor Tai Chi • Ongoing classes • Classes include Chen style tai chi chuan basic principles, a unique movement art that emphasizes inner stillness and relaxation developed through disciplined whole body integration and refined awareness, with an emphasis on balance relaxation, and whole body unity. $85/month. Call 973-0226; ribrumi@sbcglobal.net or annarbortaichi.com.

B.C. Yu Martial Arts Center • Ongoing classes • Forty classes per week include Tae Kwon Do, Brazilian Jiu Jitsue, Modern Arnis, Mixed Martial Arts, and Fitness Kick boxing. Children’s program teaches life skills. Call 994-9595; questions@bcyu.com or bcyu.com.

Tarot & Divination

Drop-In Tarot Readings with Gail Embery • First and Third Fridays, 6:30-9:30 p.m. at Crazy Wisdom • Make enlightened life choices as Gail guides you through difficult times by skillfully consulting the Tarot to get answers for you and by accessing her psychic/medium abilities. $1.50 per minute. No appointment necessary. Call 313-655-7694; readingswithgail.com.

Drop-In Tarot/Psychic Readings with Rebecca Williams • Thursdays, 6-9 p.m. at Crazy Wisdom • $1.50 per minute. No appointment necessary. Contact rebeccawilliams999@comcast.net.

Drop-In Tarot/Psychic Readings with Kathy Bloch • First and Third Tuesdays, 5:30-8:30 p.m. at Crazy Wisdom • $1.50 per minute. No appointment necessary. Contact klbloch@hotmail.com.

Drop-In Tarot/Palmistry Readings with Vijayalaxmi Shinde • First and Third Saturdays, 3-6 p.m.; Second and Fourth Sundays, 3-6 p.m. at Crazy Wisdom • Using palmistry, numerology, and the art of Tarot cards divination, learn the subconsciously hidden answers to important concerns in life to guide towards positive energy, joy, peace, abundance, and health. $1.50 per minute. No appointment necessary. Call 961-8052; vijaya_laxmi@comcast.net or positivepalmistry.com.

Tea Events

Fairy Tea in the Crazy Wisdom Tea Room • Oct. 27, 1 p.m. and 4 p.m. seatings • Children and their families are welcome for a magical time with our fairies, including story time and a special activity. Fairy attire is encouraged. Be creative! Tickets are $11/person (free for babies 18 months and younger). Tickets available online at crazywisdom.net prior to the event. For more information, contact Jessica at fairytea@crazywisdom.net.

Therapy and Support Groups

Falling Awake: Mindfulness for Depression and Anxiety with Lynn Sipher • Wednesdays, Sept. 21-Nov. 16, 6-8 p.m. • This eight-week class is intended for people who have had one or more episodes of depression or live with anxiety. It follows the curriculum of the well-researched program, Mindfulness-Based Cognitive Therapy for Depression. Each week teaches participants new skills to help them change their relationship with anxiety and depression and to live more fully in the present moment. $385. Call 332-3365; lynnsipher@gmail.com or lynnsipher.com.

Pet Loss Support Group with Blue Dog Counseling • Sept. 18, Oct. 16, Nov. 20, Dec. 18; 1-2:30 p.m. • Pets are members of the family, and losing them can be extremely sad. Anyone is welcome to attend this group for healing. Free (donations accepted). Call Karen at 661-3575; colleen@bluedogcounseling.com or hshv.org/petloss.

Wilderness Awareness

How to Survive If You Get Lost in the Wilderness with DeLynn Lake • Oct. 19, 6-7 p.m. • Learn steps to survive in the wild, including how to tell time, forage for food, go potty, and create heat. This is a kid-friendly class. Free. Call Amy at 517-592-3030; info@sacredtouch.net or sacredtouchbrooklyn.com.

Owling: Adults Only with Leslie Science and Nature Center • Nov. 18, 7-9 p.m. • This enchanting evening includes night hikes, owl calling, and visits with live owls. Attendees will discover how ears, eyes, and feathers help owls survive the night. This program is for adults ages 18 and above. A similar event for families takes place Nov. 19. $9/adult ($8 for members). Call Brea at 997-1553; info@lesliesnc.org or lesliesnc.org.

Women’s Health

WomanSafeHealth Open House with Elizabeth Shadigian • Sept. 26, Oct. 24, Nov. 21, Dec. 19; 4-5 p.m. • Meet Dr. Shadigian and other members of the WomanSafeHealth team. Practitioners will be onsite to give tours and demonstrations. Free. Call Emma at 961-5221; womanger@womansafehealth.com or womansafehealth.com.

Adelpha Breast Thermography • Sept. 28, 1-5 p.m. • Participants can experience a noninvasive breast imaging technique that is the safest, earliest detection of functional physiological changes in the breast tissue. It measures heat emissions and displays them for computer analysis with no contact, compression, or pain. $165. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or bodyworkshealingcenter.com.

Heal, Grow, Strengthen with Bikram Yoga

By Lora Rosenbaum • Photography by Hilary Nichols

I discovered Bikram yoga in 1997, early in my recovery from addiction. New to recovery, I was attempting to find healthy ways to heal, grow, and live. I saw a flyer about a Bikram yoga class and it caught my attention because it looked positive and fun. At the time, I had given up most substances, but was still addicted to cigarettes and was drinking way too much caffeine. In my first few yoga classes I remember feeling amazing and thinking, as I would breathe deeply in class, *This is what breathing is supposed to feel like*. After a short time of doing yoga, I did not want to smoke anymore — I felt like it was ruining my yoga.

I did yoga daily, sometimes alone and sometimes with friends. There was a small group of us dedicated to practicing and learning. We did not have any Bikram schools in Michigan then, so we practiced in classrooms and community centers. That time was the beginning of many profound changes for me, and I witnessed the same kind of changes happening in the lives of others. My moods became more stable, my sleep became more regular, aches and pains started to heal, and my life was completely transformed. To say it was inspirational is an understatement. I became more and more curious and wanted to learn, study, and understand yoga. I learned about the lineage of Bikram yoga, that Bishnu Ghosh, the brother of Paramahansa Yogananda (one of first yogis to bring yoga to the West) was Bikram Choudhury's teacher. I also learned that Choudhury brought this series to the U.S. in the early 1970s when he moved to Los Angeles from Calcutta, India. Soon, I attended a nine-week Bikram yoga teacher training in L.A., which further ignited a passion in me that still burns today. I have since attended further trainings and have also been involved in training other teachers and trainers. I have seen amazing transformations take place in the lives of the yogis I've trained and worked with.

> In my first few yoga classes I remember feeling amazing and thinking, as I would breathe deeply in class, *This is what breathing is supposed to feel like.*

During that first yoga training in L.A., I just knew I had to bring Bikram yoga back to Ann Arbor and share it with others. I returned and opened a Bikram yoga studio on Washtenaw. At the time, there was only one other yoga school in Ann Arbor, Iyengar, which also comes from a powerful lineage. (I taught and practiced there for over a decade.) Among the many things I love about Bikram yoga is that it evens the playing field. There is no one better or worse, just you, your body, your mind, and your breath. Bikram yoga is a sequence of 26 asanas (postures). Each is meant to prepare the body for the next. The alignment of the body, the length of time in each asana, and the heat in the room (105 degrees and 40 percent humidity) are all keys to this specific form and are what differentiate it from other forms. Bikram affects every part of the body — muscles, joints, ligaments, tendons, vital organs. The heat helps the body open, improving alignment and allowing for cleansing through sweating. It can benefit people of all fitness levels, all ages, all ability levels — it does not discriminate! You try honestly and you get 100 percent of the benefit. The class doesn't change, it is always the same, but with practice you will change — guaranteed.

One of my mentors, Emmy Cleaves, is in her late eighties and has been doing and teaching Bikram yoga for 30 years. She is inspirational in many ways and reminds me of why I hope to practice this yoga for as long as possible. At the Bikram Yoga West studio (now located on Maple Road in Ann Arbor), we currently teach yoga practice to the EMU basketball team. The amazing and wonderful changes I have seen in students over the years are endless. I have seen many people avoid taking or eliminate pharmaceuticals from their lives, avoid surgeries, heal post-surgery, lose weight, improve digestion, sleep better, become less anxious and less depressed, and drastically reduce or eliminate pain.

For me, since I started my yoga journey, I have had three beautiful children and practiced yoga through each of the pregnancies. When I encountered a rough time in my life a few years ago, yoga and the amazing recovery community in Ann Arbor pulled me through. I was going through a divorce and had to sell the studio I had opened on Washtenaw. Sharing yoga is my passion and I knew I needed to continue to bring Bikram yoga to people in Ann Arbor. I have always been inspired by a Bishnu Ghosh quote, "Never too late, never too sick, and never too old to start from scratch once again." So, in 2014, I opened a new studio in Ann Arbor — Bikram Yoga West. This is an amazing, beautiful, and spiritual space, decorated with artwork by my father. Our teachers are passionate yogis and lifelong learners. We have built a thriving community at Bikram Yoga West. We host classes for children, lead posture clinics, and we frequently raise money for nonprofits doing work in the community. We believe strongly in our social responsibility to the community. Yoga is our connection to humanity.

To see this practice grow and touch so many lives has been inspiring. The teachers I have met from around the world, the stories of healing and growth continue to inspire me. My vision is to keep sharing this practice. To be able to educate Ann Arbor and share what I have learned is such a great gift! I am truly grateful for what I have learned, who I have met, and who I have become. This process! These people! This community! I am forever indebted to those who have come before me and those who have helped me along the way. It is an honor to be able to pass it on.

Lora Rosenbaum is owner and director of Bikram Yoga West, which is located at 221 N. Maple Road in Ann Arbor. She teaches and continues to study and practice Bikram yoga. She completed her teacher training in 2000, and completes an annual teacher re-certification training. She lives in Ann Arbor with her three children. For more information about Bikram Yoga West, please visit www.bikramyogaannarborwest.com or email lobaum3@gmail.com.

The class doesn't change, it is always
the same, but with practice
you will change — guaranteed.

The Crazy Wisdom Calendar

Women's Health (cont.)

Women's Divorce Workshop • Sept. 12, Nov. 10; 8:30 a.m.-1 p.m. • Experienced divorce professionals will present a workshop addressing the emotional, legal, and financial aspects of divorce. The more support women have during the divorce process, the more confidence they will have in their choices and decisions moving forward. Includes handouts and concludes with Q&A. $25. Call Vicki at 248-915-0847; info@womens-divorce.org or womens-divorce.org.

Womenspirit

Single Women, Abundant Life with Janene Ternes • Sept. 17, 10 a.m.-3:30 p.m. • Accompanied by great single women of the Bible—Martha, Mary, Ruth, Naomi, and Mary Magdalene—participants will reflect on God's purpose and presence in their own lives. Using music, simple movement, journaling, and guided meditation, they will explore their personal stories of courage, faithfulness, witness, and service as single women. $45. Call 347-2422; prayerinmotionllc@gmail.com or prayer-in-motion.com.

Between the Worlds: The Divine Feminine as Priestess with Jeanne Adwani • Oct. 29, 6-9 p.m.; Oct. 30, 11 a.m.-5 p.m. • Participants will use inner wisdom and the Tarot as guides to connect more deeply with Spirit/Source. They will play with words, numbers, images, silence, and shared chatter in the discovery of what it means to travel or be "between the worlds." $125. Call 320-3973; jeanne@behairnow.com or invitationtarot.com.

Writing and Poetry

Crazy Wisdom Poetry Series hosted by Joe Kelty and Ed Morin • Second and Fourth Wednesdays, 7-9 p.m. in the Crazy Wisdom Tea Room • Free. Call Ed at 668-7523; eacmorso@sbcglobal.net or cwpoetrycircle.tumblr.com.

Second Wednesdays: Poetry Workshop • All writers welcome to share and discuss their poetry and short fiction. Sign up for new participants begins at 6:45 p.m.

Fourth Wednesdays: Featured Reader for 50 minutes, Open Mic Reading for one hour • All writers welcome to share their own or other favorite poetry. Sign up begins at 6:45 p.m.

Sept. 28 • Leah Zazulyer has published her poetry in *The Word is a Wedding, Round Trip Year*, and *Songs the Zazulya Sang*. She will read from *As Long As We Are Not Alone*, her new book of translations from Yiddish by poet Israel Emiot, a Soviet Refugee who lived in the U.S. until 1978.

Sept. 28 • Mitzi Alvin is the author of poetry collections, *Evidence to the Contrary* and *Again*. She has had poems in *Passager, Great Midwestern Quarterly, Peninsula Poets*, and *Abandon Automobile*—poems celebrating Detroit's 300th anniversary. Her poems are "jewels of loss and renewal that stir the heart and mind with their quiet ardor."

> *Honor the space between*
> *no longer and not yet.*
>
> — NANCY LEVIN

Oct. 26 • Robert Haight was born in Detroit and has published three poetry collections: *Feeding Wild Birds, Emergencies and Spinner Falls*, and *Water Music*. His essays and articles on fly fishing, the environment, education, and spirituality have appeared in many anthologies and magazines. He teaches at Kalamazoo Valley Community College.

Oct. 26 • Joy Gaines-Friedler has poems published in over 50 national and international literary journals. A Puschart nominee, she has received many awards, including The Litchfield Review Poetry Prize. Author of two full-length collections, *Like Vapor* and *Dutiful Heart,* Joy teaches creative writing for non-profits in the Detroit area and throughout Michigan.

Nov. 30 • Bob Brill writes fiction and poetry. His novellas, short stories and 150 poems have appeared in over 45 print journals, online magazines, and anthologies. His most recent publications are two poems in *Water Music: The Great Lakes State Poetry Anthology,* and his first book of poems, *Hello Goodbye, Selected Poems.*

Nov. 30 • Marilyn Churchill, who has degrees in art and creative writing, packs stunning pictures and words into her new book, *Memory Stones.* Her poems have appeared in the *U. of Windsor Review, Third Wednesday, Current Magazine*, and *Peninsula Poets.* She is part-owner of West Side Book Shop in Ann Arbor.

Wellspring Writing Workshop with Julie Mariouw • Thursdays, Sept. 22-Nov. 10, 6-8:45 p.m. in the Crazy Wisdom Community Room • This eight-week creative writing workshop group focuses on nurturing and developing the writer's authentic voice. It uses the Amherst Writers & Artists group leadership method. $160/eight sessions. Call 730-6175; julie@wellspringwritingworkshops.com or wellspringwritingworkshops.com.

Biographical information about the teachers, lecturers, and workshop leaders whose events are listed in this Calendar begins in the next section, page 118.

Yoga

Chair Yoga with Amy Brusca • Sept. 14, Oct. 5; 6:30-7:30 p.m. • Incorporate yoga throughout the day—even while sitting. Perfect for all levels, chair yoga is a great way to stretch, relax, and relieve tension from head to toe. Participants can ground mind, body, and spirit via chair-flow. $15. Call Pat at 416-5200; relax@bodyworkshealingcenter.com or BodyWorksHealingCenter.com.

Yoga with Cats with Humane Society of Huron Valley and Tiny Lions Cat Café • Sundays, 8:30-9:30 a.m. • Practice hatha-style yoga with the furry feline masters at the new cat café. This class is designed to bring peace to the mind and body while filling hearts with joy and supporting animals in the community. $15. Call 661-3575; humaneed@hshv.org or hshv.org/yogawithcats.

Gentle Yoga with Robin Lily Goldberg • Tuesdays, 5:30-6:30 p.m. • Gentle yoga enables everyone to experience the mental, physical, and emotional benefits of yoga by blending influences from hatha, yin, and restorative yoga. It includes poses modified for individual needs, as well as stretches and breathing exercises to incorporate balance and mindfulness into daily life. All levels of experience welcome. $18-$20. Call Robin at 274-9482; robin@aurily.com or gyrotonictreetown.com.

Yoga Classes at The Yoga Space with Sue Salaniuk, Sally Rutzky, Alicia Rowe, Pam Lindberg • Daytime, Evening, and Saturday classes, Sept. 6-Dec. 17 • Iyengar yoga can increase focus, reduce stress, balance strength, flexibility, and stamina. Classes for beginners, intermediate, and more advanced students with individualized instructions in all classes. $105/seven-week session. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Free Yoga Classes at the Yoga Space with Sue Salaniuk • Last Fridays, 6-7 p.m. • This class is open to anyone interested in learning how to develop stamina, strength, flexibility, and focus. No experience or preregistration necessary. Free. Call 662-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Managing Stress: Three Part Mini Series • Sept. 18, Oct. 2, Oct. 9; 4-6 p.m. • This series will teach participants to recognize signs of stress, and teach means to mitigate and overcome physical and mental reactions to it. Each session focuses on a basic category that causes stress and how yoga can help manage the resulting manifestations. $35/single class; $95/series. Call Sue at 662-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Drop-in Gentle Yoga and Meditation with Erica Dutton • Wednesdays, optional meditation 10:30-11 a.m., yoga 11 a.m.-12 p.m.• Iyengar Yoga for all levels, no experience necessary. Gentle enough for those with back and other body issues. Please bring a yoga mat and wear loose clothing. Donations welcome. Call 417-4385; eld0306@yahoo.com or enlightenedsoulcenter.com.

Rise and Shine Yoga with Michele Bond • Fridays, 7-8:15 a.m. • The class begins with candlelight as the sun rises over the nearby treetops and ends in the full light of the new day. Mixed-level practice. $14 if registered; $18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Rise and Shine at Nine with Michele Bond • Thursdays, 9-10:15 a.m. • Includes the goodness of the original Rise and Shine class but at a later hour. $14 if registered; $18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga for Athletes and More! with Michele Bond • Wednesdays, 6-7:30 p.m. • This class caters to anyone looking for an energetic practice who enjoys increasing core strength, flexibility, agility, balance, and mental focus. Includes universal alignment principles to open the door for peak performance in sports and other areas of life. $14 if registered; $18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Open Level Yoga with Michele Bond • Sundays, 7:30-9 p.m.; Thursdays, 6-7:30 p.m.; Saturdays, 10-11:30 a.m. • Each student is encouraged to honor their unique abilities and limitations in this mixed-level class, with variations offered for all levels. This method blends the science of biomechanics with an openhearted, uplifting philosophy. $14 if registered; $18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Tuesdays, 6-7:30 p.m. • For those new to yoga or new to this system, this course teaches universal principles of alignment that are an invaluable aid to learning the postures, deepening understanding of the body, and developing a yoga practice that is safe, joyful, therapeutic, and fun. $14 if registered; $18 drop-in with instructor permission. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

***Don Allen**, a trained Drum Circle and Health Rhythms Facilitator, is leading ongoing drum circles and special events this fall. To learn more or find out how you can participate, visit www.drum4wellness.net.*

Yoga Happy Hour: Basics Plus Restorative with Michele Bond • Fridays, 6-7 p.m. • Learn basic alignment, simple postures and breath, along with delicious restoratives. Feel stress melt away during candlelight practice in a peaceful setting surrounded by the inspiration of nature. $11 if registered; $13 drop-in with a reservation. Call 358-8546; michele@yogahouseannarbor.com or yogahouseannarbor.com.

Yoga Classes at The Yoga Room with Christy DeBurton • Ongoing Classes • This is a small, supportive, non-competitive, friendly yoga studio teaching various yoga styles that focuses on individual attention to challenge you in a balanced, rejuvenating way. See website for rates. Call 761-8409; info@christydeburton.com or yogaroomannarbor.com.

Iyengar Yoga with David Rosenberg • Mondays, 6-7:30 p.m.; Thursdays, 7-8:30 p.m.; Saturdays and Sundays 10-11:30 a.m. • Experience invigorating yoga postures using the methods of B. K. S. Iyengar to strengthen the body, create a feeling of well-being, and reduce stress, and release tension through physical activity and meditation. The instructor emphasizes use of yoga props and individualized instruction so students of varying experience, age, flexibility, and strength can participate together. $125/11-week term. Call 646-4195; massage4@aol.com or aareced.com.

Yoga Therapy Group and Private Consultations with Ema Stefanova • Sept. 6-Dec. 1 • Consultations for adults and children are by appointment. Specialties include anxiety, depression, PTSD, stress management and yoga meditation programs for common diseases. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

Yoga Teacher Certification with Ema Stefanova • Sept. 6-Dec. 1 • Students will gain a high level of understanding of the art, science, and practical aspects of yoga teaching by developing a personal practice (sadhana) under expert guidance, and while studying from carefully selected detail-oriented textbooks, audio, and video. Choose an express track or self-paced program. 200-, 300-, and 500-hour options available. Call 665-7801; EmaStefanova@cs.com or YogaAndMeditation.com.

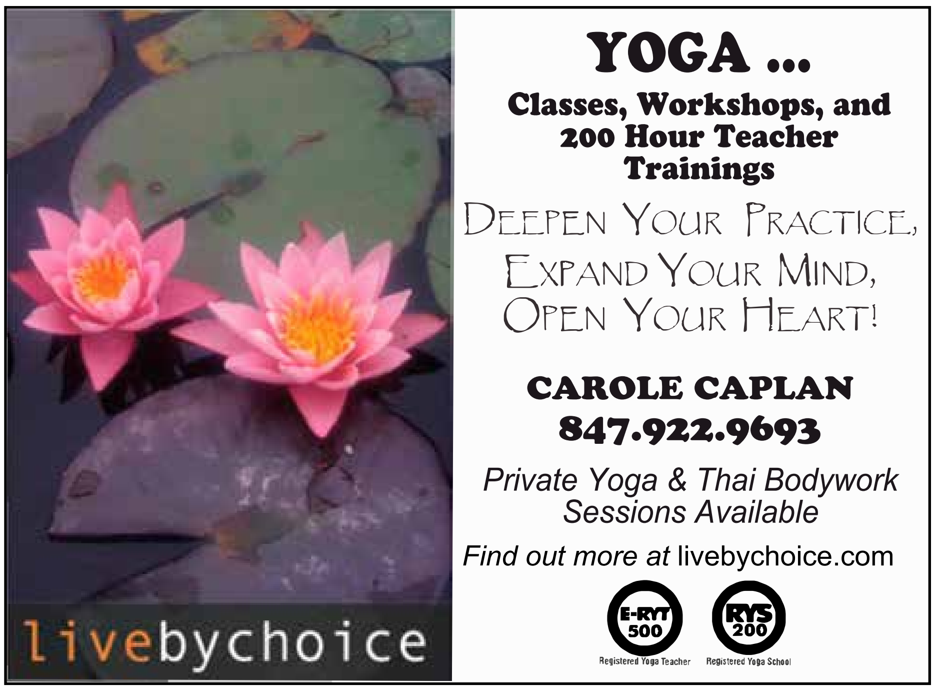
200-Hour Yoga Teacher Training with Carole Caplan • Weeknights and Weekends • This 200-hour Yoga Alliance training will help students deepen their practice or prepare to teach. Includes asana basics, breathwork and meditation, study of the body, philosophy, ethics, seva, teachings skills, and a rich sense of community. See website for dates and price or call 847-922-9693; carolecaplan@livebychoice.com or livebychoice.com.

Inward Bound Yoga at Friends Meetinghouse • Ongoing classes; Fall Session, Sept. 8-Oct. 26; Late Fall Session, Oct. 27-Dec. 17 • Since 1995, Inward Bound has offered a variety of approaches to the ancient discipline of yoga. Class options include several levels of hatha yoga, prenatal and postnatal yoga, Ashtanga yoga, and flow classes coordinated with music. For class descriptions and fees, see ibyoga.com.

Restorative Yoga with Kashi Walters • Sundays, 4-5:30 p.m.; Thursdays, 6:30-8 p.m. • Yoga to soothe and refresh at Kashi Nivas. See website for more details. Please preregister. $12. Call 883-6947; kashi@kashinivas.org or kashinivas.org.

Yoga with Zen Buddhist Temple • Six Tuesdays, beginning Sept. 6 or Oct. 18, 6:30-8 p.m. • Beginning and experienced students learn traditional hatha yoga postures with an emphasis on relaxation, concentration, and working with breath. Instructors were trained by the Sivananda yoga organization and combine that experience with meditation training. Early registration recommended. $60 ($12 drop-in). Call 761-6520; annarbor@ZenBuddhistTemple.org or ZenBuddhistTemple.org.

Gentle Yoga with Marlene McGrath • Ongoing Classes • Expanded offerings of gentle yoga classes designed for students who want a more supported and slower-paced class. These classes feature props and modifications to promote elasticity, strength, and stability for those who may have mobility, stamina, or balance issues. Suitable for beginners or experienced students. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.



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Prenatal and Postnatal Yoga with Marlene McGrath • Ongoing Classes • These classes are designed to support the changes of a pregnant body, instill confidence in the body's abilities, and provide physical, mental, and emotional preparation for birth and mothering. Postnatal yoga is practiced with babies present. See website for times, dates, and costs. Email at marlenemamayoga@yahoo.com or Marlenemcgrathyoga.com.

Iyengar Yoga at Yoga Focus with Karen Ufer • Day, Evening, and Weekend classes • All levels of classes are taught including gentle, new beginner, and prenatal. All props are provided. Instruction in Iyengar method is invigorating, safe, and enhances well being. $18 drop-in; $15 class for session. Call Karen at 668-7730; info@yogafocusannarbor.com or yogafocusannarbor.com.

Harmony Yoga of Ann Arbor: Iyengar Yoga Classes with Karen Husby-Coupland • Ongoing classes • Small yoga studio on Ann Arbor's west side offers classes for beginners and for more experienced yoga students, as well as gentle yoga for those who prefer a supported, slower-paced approach to the practice of yoga. $18 class (discounts for multiple classes). Call 222-9088; Karen@HarmonyYogaAnnArbor.com or HarmonyYogaAnnArbor.com.

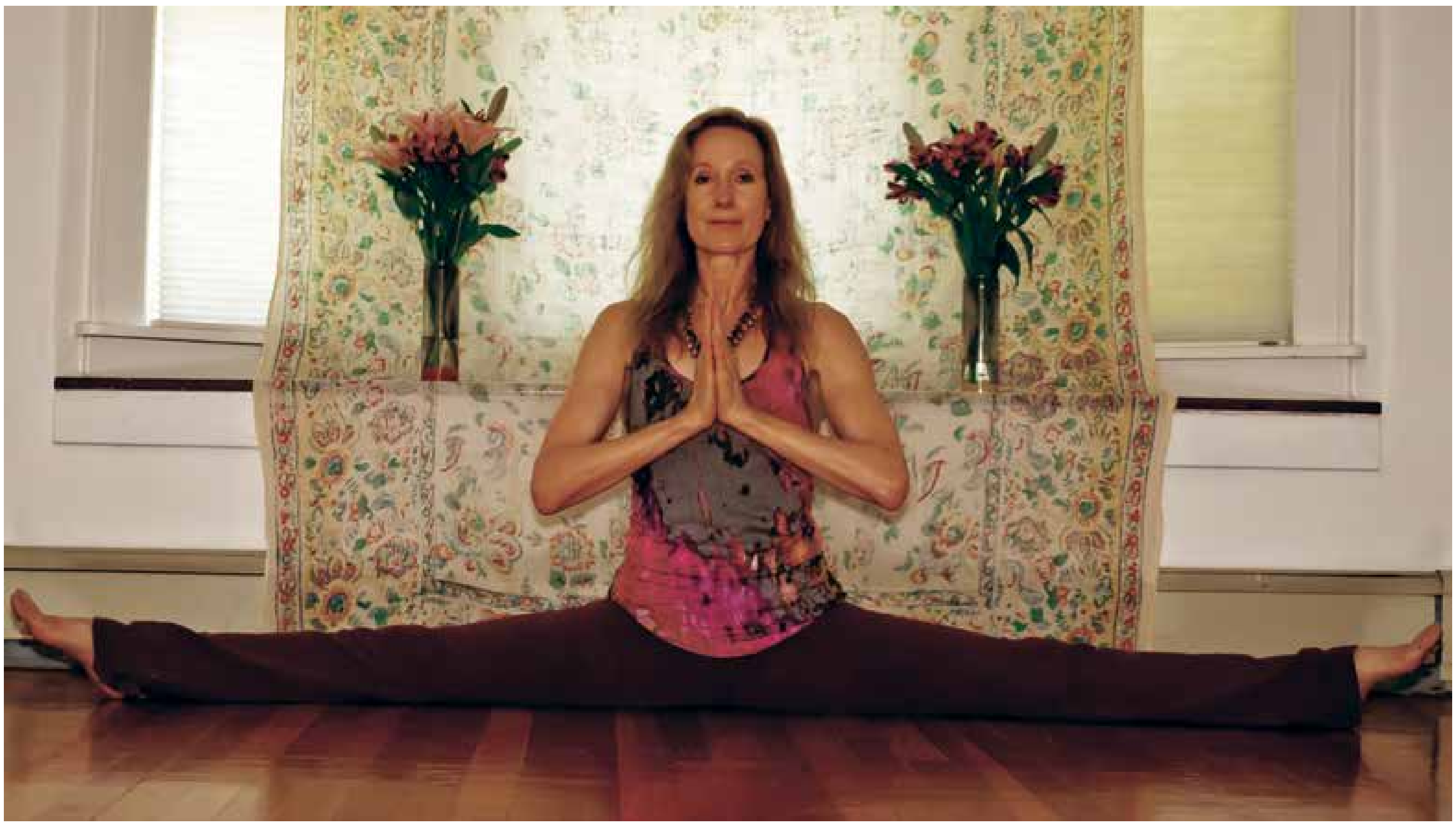
Intensely Gentle Yoga with Patty Hart • Ongoing classes • These classes are for those seeking a slower-paced class, those who are new to yoga, or those needing more adaptation for postures using props. Students are encouraged to develop a deeper sense of self-observation and concentration by focusing on their breathing while moving into, sustaining, and exiting poses. Call 645-7251; patty@everybodyhappy.net or everybodyhappy.net.

Purna Yoga: The Art of Loving Yourself by Living From the Heart with Janet Love • Ongoing classes • This form of yoga focuses on posture safety and alignment, breathing, and mind-focusing techniques combined with lifestyle and nutrition tips to create a better life. There is no need to have any experience or be flexible, as the class is custom fit to participants' needs. $15/class. First class is free. Call 989-284-1042; janloveyoga@gmail.com or janloveyoga.com.

Iyengar Yoga Classes with Laurie Blakeney • Ongoing classes • Safe, transformative, and educational instruction in the art of practicing yoga asanas (postures). Call for session rates and drop-in fees. Call 663-7612; aasylaurie@gmail.com or annarborschoolofyoga.com.

Iyengar Yoga with Kirsten Brooks • Ongoing classes • These classes will follow the teachings of B. K. S. Iyengar to explore the subject of yoga through the lens of physical poses. No prior yoga experience necessary. $120, regular fee, pay what you are able. Call Sue at 622-9600; sue@yogaspaceannarbor.com or yogaspaceannarbor.com.

Teachers, Lecturers, Workshop Leaders, and The Centers



***Michele Bond** is a trained teacher in Anusara yoga. She is the owner of Yoga House Ann Arbor, a fully equipped studio on McComb Street. For more information on classes offered this fall, see Yoga on page 116.*

Aaron is a spirit who has been a Buddhist monk and scholar in many previous lifetimes and is a being of great love, compassion, wisdom, and gentle humor. In his final lifetime he was a vipassana meditation master, but he has lived in many different bodies and followed many spiritual paths. He is channeled by Barbara Brodsky.

Abby Durga Devi and David Shiva Das are the directors of House of Yoga in Berkeley, Michigan. They have been teaching and practicing for over 20 years and their teachings have been endorsed by Doug Swenson, Mark Whitwell, and Russill Paul.

Jeanne Adwani is an artist, poet, hair "healer," and metaphysical enthusiast. She has taught the tarot at Crazy Wisdom. Kindness and breathing are her practices.

Linda Adamcz, MSW, is a Certified Practitioner of Integrative Breathwork and has worked in the mental health field for nearly 30 years.

Nia-Avelina Aguirre, ND, is a board-certified Naturopathic Doctor and has been in the natural health, fitness, and wellness profession since 1983. She offers non-toxic, non-drug options along with bodywork and energy therapies for all health concerns at her offices in Ann Arbor and Midtown Detroit.

Ann Arbor Center for Mindfulness has a mission to cultivate and support the understanding of mindfulness to promote health and wellbeing.

Brian Ashin, LMSW, CGP, has been working with couples for over 30 years.

Robert Auerbach is a certified Advanced Practitioner of Rolf Structural Integration who has studied with two of Ida Rolf's senior proteges and been in practice for 19 years.

Diane Babalas, DC, applies concepts from the chiropractic model Bio-Geometric Integration (BGI). She has been the student of Dr. Sue Brown, BGI's founder, since 1998 and graduated from the BGI Academy of Mastery in 2013.

Jim Balmer is the President of Dawn Farm, a community of programs providing treatment for substance use disorders.

Marcia Bailey, MA, PhD, is a certified Phoenix Rising Yoga Therapy Practitioner, Kripalu Yoga Teacher, Certified Transformational Breath Facilitator, and Senior Trainer with the Transformational Breath Foundation.

Liza Baker is an Integrative Nutrition Health Coach who received her training from the Institute for Integrative Nutrition. She also has an AAS in Culinary Arts from the Cooking and Hospitality Institute of Chicago.

Bridgette Becker is a licensed massage therapist, birth doula, placenta alchemist, and rebozo instructor in the Gena Kirby method. She is the owner of the Mind Body Collective in Waterford, Michigan.

Bob Bedard, PhD, is the author of five books about happiness. He has 25 years of experience teaching and speaking about the Intrapersonal Happiness Theory to individuals and groups.

Linda Steinborn Bender, ACSW, LMSW, has worked as a mental health practitioner for over 30 years. She has worked in many settings including hospitals and hospice.

Carol Bennington, PhD, BFRP, is a national leader in flower essence education with over two decades of experience. She is one of only four active instructors in the U.S. for the Advanced Workshop, Level 2 of the Bach International Educational Program.

Amy Biank is known nationally and internationally as the Intuitive Angel. She is famous for her psychic abilities and spiritual teachings.

Laurie Blakeney is a Certified Advanced Iyengar Yoga Teacher teaching yoga locally since 1977. She is the director of the Ann Arbor School of Yoga.

Kathy Bloch has studied Tarot since 1980 and has actively done readings since 1995.

Bloom consists of caregivers with over two decades of experience in cannabis and its holistic benefits.

Carole Blotter draws her meditation practice from dual roots in Quaker and Buddhist traditions. She has been teaching meditation since 1999, and teachest at The Forest Way, an organization dedicated to providing retreats conducive to balanced and integrated spiritual growth.

Susan Bloye, BFA, MEd, has a visual arts background with 30+ years teaching visual and healing arts.

Bodyworks Healing Center offers a variety of holistic health services from certified massage therapists and other certified practitioners.

Michele Bond has over 800 hours of training in yoga, yoga therapeutics, and meditation with internationally-recognized instructors. She has a background in martial arts, dance, competitive synchronized swimming, gymnastics, stunt fighting, and swordplay.

Breastfeeding Center of Ann Arbor offers comprehensive and professional support services for breastfeeding mothers and babies, including private consultations, weekly MotherBaby support groups, and breastfeeding-related retail.

Patty Brennan, Director of Center for the Childbearing Year, has advocated for childbearing families for over 30 years as a childbirth educator, doula trainer, midwife, and nonprofit executive. She is a DONA International-approved birth and postpartum doula trainer and author of *The Doula Business Guide—Creating a Successful MotherBaby Business*.

Tana Bridge, PhD, LMSW, is a Professor at Eastern Michigan University's School of Social Work, and an award-winning trauma expert.

Barbara Brodsky is the founder and guiding teacher of Deep Spring Center and an ordained Interfaith Minister. She has been practicing meditation since 1960 and teaching since 1989, and she draws from dual roots in Buddhist and Quaker traditions. She became totally deaf in 1972, and is a channel for the spirit, Aaron.

Amy Brusca is a licensed and board-certified Massage Therapist. She has over 500 hours of study in therapeutic yoga and has been teaching for over ten years. She also practices Thai massage, reflexology, and Healing Touch.

Lama Nancy Burks has been a student of Khenpo Karthar Rinpoche since 1978. She teaches and leads meditation at the Ann Arbor Karma Thegsum Choling.

The background information listed here pertains specifically to individuals and centers whose classes and workshops and events are listed in this current issue of the Crazy Wisdom Calendar. If you are a holistic/spiritual/psychological growth practitioner in the area, but you don't regularly lead classes or workshops, you can still be listed for free in our Holistic Resource Guide on the Web. Go to AnnArborHolistic.com.

Teachers, Lecturers, Workshop Leaders, and The Centers

Dawn Burnell-Powers has been instructing classes about Dynamic and Postural Reflex Pattern Integration for many years.

Diana Burney is an internationally known energy healer and author of the award-winning books, *Spiritual Clearings* and *Spiritual Balancing.*

Carole Caplan, E-RYT 500, bases her yoga teaching on traditional Kriya hatha postures and techniques with an emphasis on alignment, breath, and philosophy. She was previously an Anusara-inspired teacher and she is also certified in Thai Yoga Bodywork.

Dana L. Casey has a unique melding of education and experience in design and the healing arts. She has practiced feng shui and other healing modalities since 2004.

Kapila Castoldi has studied meditation under the guidance of spiritual teacher Sri Chinmoy for 30 years. Her interest in Ayurveda as a complement to meditation spans two decades.

Atmaram Chaitanya is the director of the non-profit Kashi Nivas Shiva Meditation Center. He has offered over 40 years of service as a teacher of meditation, self-inquiry, and kirtan chanting in the Ann Arbor area.

Center for the Childbearing Year is Michigan's premier DONA doula training center. It is a childbirth preparation and parenting community offering comprehensive online childbirth preparation, hosted by Patty Brennan, in addition to community-based education.

Robert Chu, PhD, L.Ac., specializes in the Master Tung Acupuncture Method and lectures nationally and internationally on acupuncture and Chinese medicine. He is currently on staff at Emperor's College of TCM and at the Disney Family Cancer Center.

Clean Water Action is dedicated to protecting the water, environment, and health of Michigan and its people.

Jules Cobb is a therapist with Dawn Farm Youth and Family Services team.

Lori Coburn, MSW, is a psychotherapist and interfaith minister. She is author of *Breaking Free: How Forgiveness and A Course in Miracles Can Set You Free.*

Conscious Rites provides custom rites-of-passage for all of life's transitions and celebrations.

Dorothy Ann Coyne has been a student and practitioner of yoga and meditation since 1971. She is a certified Kripalu yoga teacher and senior teacher of meditation for Deep Spring Center.

Raymond Dalton, MA, CAADC, is the coordinator of Dawn Farm Outpatient Services.

Maryann Davis, RN, CHTP, HTCP, is an Usui Holy Fire Karuna Reiki Master and Esoteric Healing Practitioner.

Dawn Farm Youth and Family Services Team provides assessment, intervention, treatment, education and support services for adolescents experiencing problems with alcohol and other drug use and for their families.

Christy DeBurton, RYT, is a Registered Yoga Teacher who has received training from both Omega Institute for Holistic Studies and The Center for Yoga. She has been teaching yoga since 1998.

Deep Spring Center for Meditation and Spiritual Inquiry is a non-profit organization devoted to offering teachings of non-duality and the meditation practices which support those teachings. Barbara Brodsky is the founder and guiding teacher.

Mary Jo Desprez, MA, is the Director of Wolverine Wellness at the University of Michigan Health Service, and the founder of a successful U-M collegiate recovery program.

Kate Durda, MA, is a shamanic practitioner, esoteric healer, published researcher, developmental psychologist, and co-founder of Spirit Weavers. She has extensive training with the Foundation for Shamanic Studies, Sandra Ingerman, and various cultural shamanic traditions such as Tibetan, Andean, Celtic, Buryatan shamanism, and various Native American traditions.

Connie Lee Eiland has been a shamanic practitioner for 15 years and a physical therapist for 47 years. Her shamanic studies have been with Sandra Ingerman, Betsy Bergstrom, Carol Proudfoot-Edgar, Nan Moss, and Larry Kessler.

Mara Evenstar, MTP, has been teaching and practicing the transformative arts for over 25 years. She is certified to guide Realization Process exercises and has been offering these practice sessions for over three years.

Linda Diane Feldt, a student of the healing arts since 1973, is a holistic health practitioner, teacher, and writer who has taught herbal classes locally for over 30 years.

Patricia Fero is the author of *Mining for Diamonds, What Happens When Women Wake Up?, Sacred Marching Orders,* and *The Other Side of the Door.* She also provides sessions in IADC (Inducted After Death Communication).

> *Like a tree, you have to find your roots and then you can bend in the wind.*
>
> — ANGELA FARMER

Catherine Fischer, MA, CPD, is a former elementary school teacher as well as a birth and postpartum doula. She has been using and teaching the Parenting By Connection listening tools for over 15 years.

Beverly Fish is a psychic medium who has been investigating the spirit world since she became aware of the spirit person in her family home at the age of ten.

Lori Fithian is founder and creator of Drummunity and has been facilitating drum circles and rhythm workshops since 1998. A student of drumming tradition for 20 years, her teachers include Arthur Hull and Barry Bateman. She has made a career out of her passion for building community by bringing people together to drum.

Gayle Fitzgerald is a Master Numerologist, Celestial Conduit, and Paragon of Energy Transformation with 34 years of experience in metaphysics. She is the founder of Celestial Vibrations, LLC.

Anthony Flaccavento is a commercial organic farmer, sustainable development consultant, activist, and author.

Austeen Freeman, LMT, RM, is a graduate of Irene's Myomassology Institute and member of ABMP Massage Association. As a Reiki Master and teacher, she blends therapeutic massage with energy work.

John Friedlander is a psychic, author, and teacher with degrees from Duke and Harvard Law. He has studied with Jane Roberts and at the Berkeley Psychic Institute with founder Lewis Bostwick. His newest and third book, with Gloria Hemsher, is *Psychic Psychology: Energy Skills for Life and Relationships.*

The Friends of the Ann Arbor District Library is a committed non-profit group of volunteers that operates the Friends Book Shop in the downtown library and supports the activities of the Ann Arbor District Library.

Melanie Fuscaldo, MA, LPC, NCC, is a licensed and nationally-certified counselor and life coach specializing in joyful transformations.

Cynthia Gabriel, PhD, is a doula and author of the book *Natural Hospital Birth.* She teaches medical anthropology and studies birth in Russia, Brazil, and North America.

Amy Garber, BA, RMT, is a medical intuitive, psychic, and channel who aids people on their path by consulting with their spirit guides, illuminating past lives, encouraging intuitive development, and connecting with departed loved ones.

David J.H. Garvin, LMSW, is the Chief Operating Officer of Catholic Social Services of Washtenaw County and Founder of Alternatives to Domestic Agression.

Nanci Rose Gerler has been offering her services as a psychic channel and medium for over 20 years.

Ann-Margaret Giovino, Jan Katz and Alexis Neuhaus are SUN SHEN tai-chi instructors and senior students of SUN SHEN Tai-Chi Lineage Holder Master Sang Kim.

Anthony Gittins, CSSp, is a member of the Congregation of the Holy Spirit and the author of 16 books. His experience encompasses being a missionary to Sierra Leone and a professor of theology and anthropology at Catholic Theological Union and elsewhere.

Katy Gladwin is a doula and childbirth educator. She has been providing prenatal, birth and postpartum support to the Ann Arbor area through Sacred Roots Services LLC since 2011, and she currently teaches childbirth classes through Pregnancy Arts.

Robin Lily Goldberg is a writer, researcher, and holistic healthcare practitioner. She holds certifications in Reiki and Reflexolo-chi along with Hatha Yoga, Street Yoga, and Laughter Yoga.

Karen Greenberg is a registered physical therapist who has taught for many years at University of Maryland Hospital, dance studios, and via Skype around the world. She is currently a metaphysical teacher of personal and spiritual growth.

Susan Kaiser Greenland is the best-selling author of the book, *The Mindful Child.* She is the founder of the Inner Kids ABC Mindful Awareness Program and teaches secular mindfulness practices to children, teens, parents, and professionals around the world.

F. Gringinger, MD, is a practicing German medical doctor who is part of the medical scientific group that verifies all the healing claims in the Bruno Groening Circle of Friends.

Paulette Grotrian, MA, was trained through the UMass Medical School Integrative Medicine Center for Mindfulness and the University of California San Diego Center for Mindfulness. She has studied with Jon Kabat-Zinn, Jack Kornfield, Sharon Salzberg, Kristin Neff, Christopher Germer, and Thich Nhat Hanh. She is a founding member of the Ann Arbor Center for Mindfulness.

David M. Hall is a bee-keeper, educator, and rescuer, having rescued over 4.5 million honeybees from extermination and founded two apiaries. He also has a Permaculture Design and Permaculture Teacher certification.

Idelle Hammond-Sass is a trained facilitator of the Open Studio Process. She is an artist and educator who works in jewelry and mixed media. She runs OSP groups in the Ann Arbor area.

Teachers, Lecturers, Workshop Leaders, and The Centers

Nirmala Nancy Hanke, MD, is a long-time meditator and teacher of meditation at Lighthouse Center. She is a psychiatrist and therapist who integrates meditation, Reiki healing, and other spiritual practices with psychotherapy.

Su Hansen, MA, LLP, is a certified Enneagram teacher in the narrative tradition, psychotherapist, personal and spiritual guide, relationship coach, and workshop leader.

Patty Hart, E-RYT, has been teaching yoga classes, private sessions, and workshops since 1998. She specializes in adapting poses for specific student needs while maintaining a safe space for grounding and exploration within yoga practice.

Karen Husby-Coupland is a certified Iyengar Yoga teacher who has been practicing yoga since 1993 and teaching since 1999.

Matthew Ikonen, LMT, is a board-certified, licensed massage therapist. He has been a Reiki Practitioner and Master for nearly a decade.

Inward Bound Yoga has offered a variety of approaches to the ancient discipline of yoga since 1995.

Jewel Heart was founded by Gelek Rimpoche and is dedicated to the preservation of Tibetan Buddhism and to bringing the practice of this rich tradition within the context of contemporary life to everyone.

> *If we were all to sit in a circle*
> *and confess our sins, we would laugh*
> *at each other for lack of originality.*
>
> — KAHLIL GIBRAN

Jeff and Debra Jay are clinical interventionists, educators and *New York Times* best-selling authors with a national private practice specializing in intervention and recovery services.

Toni Kaplan, MD, is a Clinical Psychologist who has been involved in the field of mental health and addiction for 38 years. She is also a Certified Imago Relationship Therapist who specializes in couples therapy.

Joe Kelty is a poet and teacher of English and biology at area community colleges.

Kelly Kempter, RTT, massage therapist and bodyworker, is a graduate of the Myomassology Institute with advanced training and practice in Thai massage and shiatsu.

Esther Kennedy, OP, MSW, a Dominican Sister of Adrian, is a spiritual director and clinical social worker. She leads retreats and conducts a monthly Day of Mindfulness at the Weber Center.

Master Sang Kim is an engineer, Christian mystic, and inheritor of Master Gabriel Chin's Yang Style Tai-Chi lineage. Originally from Korea, he has practiced martial arts, cultivation methods, and healing for more than 30 years and has been teaching since 1992.

Anthony King, PhD, is a Research Assistant Professor of Psychiatry in the Trauma, Stress, and Anxiety research group at U-M.

Julia King has been facilitating meditation and healing trainings since 1992. She has 25 years of experience with multiple shamanic traditions.

Carole Kirby, LMSW, has over 40 years of experience as a therapist, coach, and inspirational teacher. She is a certified Imago therapist and workshop presenter specializing in couples therapy.

Dan Kittredge is a lifelong organic farmer and executive director of the Bionutrient Food Association. He has educated thousands of growers here and abroad about how to raise the quality of nutrition in our food supply with sustainable practices.

Erica Knight, LMT, graduated from Irene's Myomassology Institute with a certificate in Myomassology. She specializes in Therapeutic, Swedish, and Canine massage.

Whitney Kolongowski is a childbirth educator, birth doula, and Dancing for Birth certified instructor. She teaches at the Center for the Childbearing Year.

Arlene Kosmatka, OP, is a Dominican Sister of Adrian who is involved in the ministry of spiritual direction and retreat work.

Mike Kost undertook a year-long spiritual sabbatical that allowed him to learn and practice vipassana mediation during several long, silent retreats. He recently completed a yearlong meditation teacher training program at Deep Spring.

Dave Krajovic and Pat Krajovic founded Body Works Healing Center in Plymouth, the Global Breath Institute, and Ascension Breathwork. They have advanced training in a wide array of healing techniques, esoteric teachings, and breath mastery.

DeLynn Lake, ND, RN, is a board-certified Traditional Naturopathic Doctor and Registered Nurse encompassing over 22 years of experience, with extensive training in Personalized Genetic Based Nutrition and Wellness.

Karen Lang, NTP, CGP, is a certified Nutritional Therapy Practitioner and GAPS Practitioner. She owns Healthy Balance LLC and works with clients to customize individual eating plans to address health concerns.

Mary Ledvina, BA, MOT, is a writer, artist, and healer who journals daily.

Leslie Science and Nature Center educates and inspires children and adults to discover, understand, and respect their natural environment.

Robert Lewanski is a Tai Yoga Chi Kung Massage Therapist, Director of Health Force Center, and a certified Ayurvedic counselor in nutrition and health.

Mary Light, ND, MH, LMT, is a traditional naturopath and consultant herbalist with a private practice and state licensed school of natural medicine in Ann Arbor.

Lighthouse Center, Inc. in Whitmore Lake is a center for spiritual development founded by Chetana Catherine Florida in 1979. Open to all pathways, the Center is guided by Jain Master Gurudev Shree Chitrabhanuji and embraces Ahimsa, non-violence toward all beings.

Pam Lindberg is a certified Iyengar Yoga teacher.

Janet Love is certified with Yoga Alliance and has over 1000 hours of teacher training, as well as a background in personal training and thai yoga massage.

Carryn Lund and **Sharon Gold-Steinberg** are licensed psychotherapists who integrate mind-body focus with traditional approaches. Sharon is a certified Sensorimotor psychotherapist and Carryn is a registered yoga therapist.

Alejandro Macias is a biologist with a background in research science, foreign language instruction, and international education.

Jeanne Mackey, MSW, explores emotional, creative, and relational skills through workshops, rituals, writing, and music. She is a member of the musical group Harmony Bones and an instructional designer at the University of Michigan.

Nina Magshoodi came to Deep Spring Center in 2012 to clarify and deepen her meditation practice. She recently completed a one year meditation instructor training through Deep Spring Center.

Claire Maitre is a trained workshop facilitator in the "Work That Reconnects," developed by Joanna Macy.

Julie Mariouw is a former English teacher and published author who has completed an intensive Amherst Writers & Artists training program in leading writing workshops. She is an AWA affiliate.

Barbara Niess May, MPA, MSW, is the Executive Director of SafeHouse Center.

Robin May, RN, ND, is a Traditional Naturopath who previously worked as a Registered Nurse.

Barb McConnell, LPN, CHTPI, is a nurse, Certified Healing Touch Practitioner, and instructor for Levels 1-4 with 30 years of experience in hospital, clinical, industrial nursing/industrial management. She has a private practice in Grass Lake, Michigan.

Michelle McLemore, CHTPI, earned her Healing Touch Certification in 2013. She is a member of Healing Beyond Borders.

Michigan Friends Center, built in 1994, is a not-for-profit organization whose mission is centered on Quaker principles including building community, fostering peace, social justice, spiritual growth, healing, and protecting the environment.

Ed Morin is a poet and former English teacher at area universities and colleges.

Nan Moss is Foundation for Shamanic Studies Faculty and author of *Weather Shamanism: Harmonizing Our Connection with the Elements.*

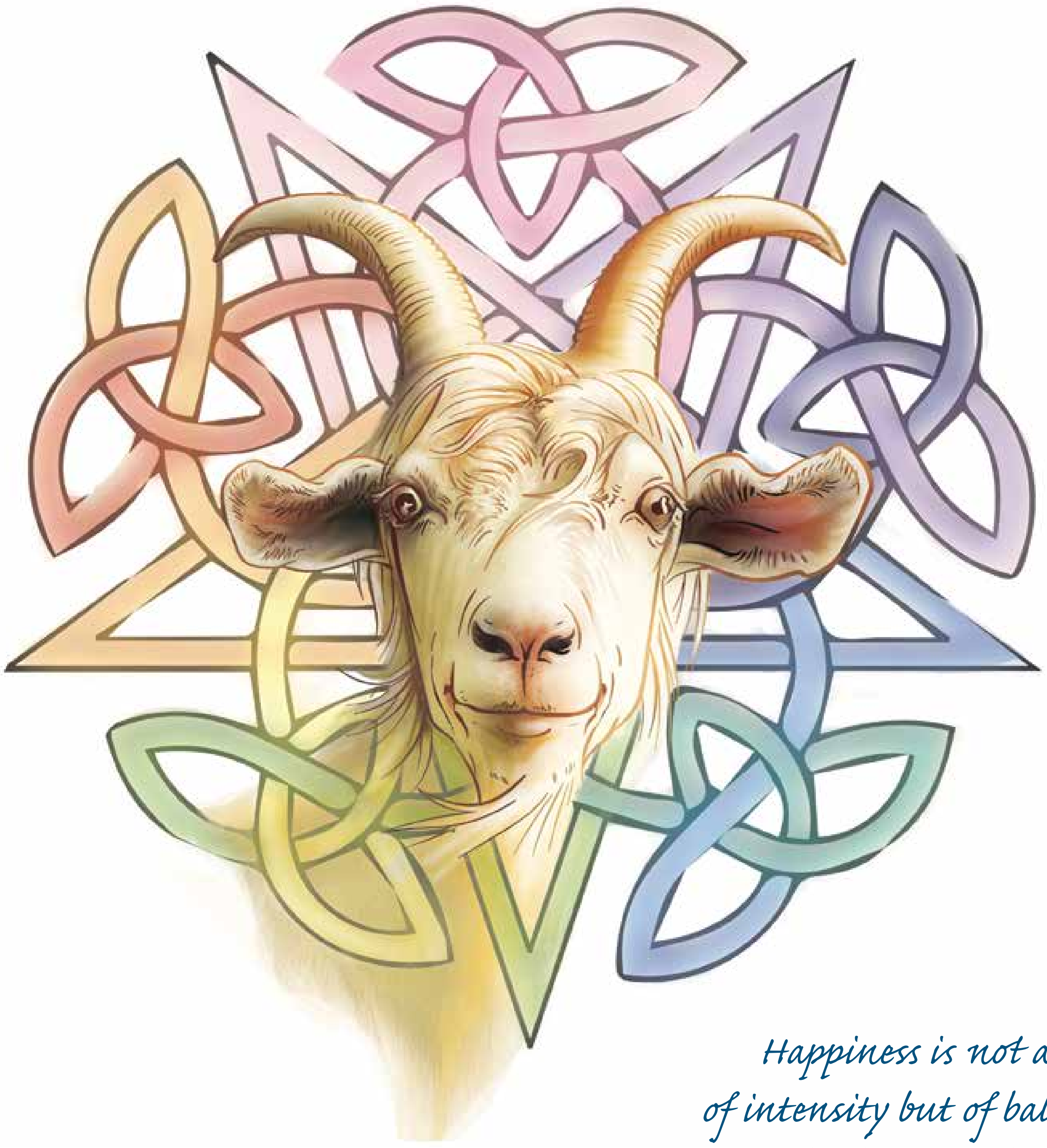
The Mother is a combination of many expressions of the Divine Mother such as Mother Mary, Kwan Yin, and others, and expresses different aspects of herself depending on the needs and karma of the person with whom she is sharing darshan. She is trance channeled by Barbara Brodsky.

Dan Muir found his spiritual home at Deep Spring center in 1999 and has been teaching since 2006. He tries to convey the peace, joy, and deep wisdom he has found through honest intention, an effort at clean living, and daily meditation.

Joanna Myers and Alexis Neuhaus are SUN SHEN Healers, disciples, and senior students of the SUN SHEN Founder, Master Sang Kim.

Vikki Narayan, RN, is a Certified Holistic Health Coach who works with women who want to eliminate fatigue, balance hormones, and lose weight naturally to create a body and life they love.

Colleen O'Brien is an expert at developing creative therapeutic interventions. Her personal commitment to animal welfare, her own experience as a devoted pet owner, and a passion for supporting people led her to create Blue Dog Counseling.



Happiness is not a matter of intensity but of balance, order, rhythm, and harmony.
—Thomas Merton

Artwork by Logynn Hailley

Rose Celeste O'Connell, OP, is an Adrian Dominican Sister of Adrian, Michigan.

Anna Oginsky, MSW, is the author of *My New Friend, Grief.* She incorporates her background in social work and mothering into her work as a teacher, guide, and retreat facilitator.

Sifu Genie Parker has trained and taught Wu Style tai chi chuan for over 20 years. She is a disciple of Grandmaster Eddie Wu Kwong Yu, head of the fifth generation of the Wu family and a gatekeeper of the Wu style.

Judy Ramsey has been a professional consultant for animal communication and interspecies counseling for ten years.

Vaidya Raj is a spiritual healer and teacher who is board-certified Ayurvedic/Alternative Medical Practitioner and Certified Spiritual Healer by the International Center for Reiki Training.

John Rasmussen is a diabetes education instructor in Jamaica, Brazil, and North America.

Jason Riggs can consciously channel many different levels and types of beings from crystals and nature spirits to spirit guides and Archangels.

Gelek Rimpoche is the founder and spiritual director of Jewel Heart. Among the last generation of incarnate lamas tutored by the masters of Old Tibet, Rimpoche's command of western culture enables him to convey the Tibetan Buddhist tradition with wisdom, kindness, and wit.

Geshe Rinpoche is regarded as one of the most eminent scholars of both the Madhyamaka tradition and Indian Buddhist studies. As one of the greatest learned scholars of the Drepung Loseling Monastery, he facilitated the completion of numerous research works including the complete translation of Lama Tsongkhpa's Lam Rim Chen Mo, or Great Treatise on the Stages of the Path to Enlightenment.

Barbara Robertson is the Director/Owner of the Breastfeeding Center of Ann Arbor. She is a board-certified Lactation Consultant and breastfeeding educator who loves working with moms and babies.

Elizabeth (Libby) Robinson, MPH, MSW, PhD, has been practicing mindfulness meditation since 1979, was trained by Jon Kabat-Zinn and colleagues at the UMass, has attended 23 silent retreats, and has been teaching MBSR since 2003. She recently retired from U-M.

ShuNahSii Rose began her practice as a teacher, healer, and community organizer in 1990. She has distilled her work to a clear intention that peace and healing of the Earth is possible through a feminist, shamanic response to our global crisis.

David Rosenberg has been teaching Iyengar Yoga since 1993 and traveled to Pune, India in 1996 to study at the Ramamani Iyengar Memorial Yoga Institute.

Shannon Roznay is a chiropractor and expert in Nutrition Response Testing who enjoys teaching people of all ages how to improve health through a better diet and natural supplements.

Jonathan Rudinger, RN, LMT, is the founder of PetMassage. He has worked in the canine massage field since the mid-1990s.

Merilynne Rush, RN, and **Diana Cramer, MA,** are natural death educators, home funeral guides, green burial advocates, and advanced care planning consultants. They have been co-facilitating the Ann Arbor Death Café since 2012.

Russill Paul is the author of *The Yoga of Sound* and *Jesus in the Lotus*. He is a musician, mantra teacher, and spiritual guide who teaches through his Yogic Mystery School located in Texas.

Sally Rutzky is a certified Iyengar Yoga teacher.

Sue Salaniuk holds a Senior Intermediate 1 Iyengar Certificate. She has studied with the Iyengars in India 12 times and continues to advance her studies regularly with teachers in the U.S.

Sandya-Sandra Shears is a Spiritual Channel, Healer, and Counselor since 1990 as guided by the Higher Communities of Light. As a Light Worker and Vibrational Practitioner, she specializes in activating other Practitioners, Light Workers, and World Servers.

Tatiana Scavnicky is a psychic intuitive, teacher, songwriter, and Angel Therapy Practitioner with Angel Therapy Advanced Training.

Teachers, Lecturers, Workshop Leaders, and The Centers

Self Realization Meditation Healing Centre, founded by Mata Yogananda Mahasaya Dharma, is a nonprofit near Lansing. Its aim is to give support to those struggling or suffering in life on any level, and to assist those who seek inner knowledge and personal growth in the pursuit of peace, health, and happiness.

Laura Seligman, MS, is a SoulCollage facilitator, artist, and docent. She also volunteers at the U-M Museum of Art.

Elizabeth Shadigian, MD, is an obstetrician-gynocologist, consultant, educator, and researcher specializing in the health, safety, and wellbeing of women.

Shining Lakes Grove is a local branch of A Druid Fellowship, Inc. (ADF).

Antonio Sieira, PhD, is a professional member of the American Hypnosis Association, with certifications in past life regression, smoking cessation, and weight loss therapies. He is also certified by the American Alternative Medical Association as an Alternative Medical Practitioner, and is the creator of the Mindfulness Meditation System.

Lynn Sipher, LMSW, has provided psychotherapy since 1985 and mindfulness-based classes/workshops since 2006.

Sophia Unfolds is a community of awakening women and men in support of building a new relationship to the divine feminine, one another, and the world.

Richard and Victoria Smoot have been astrologers for over four decades.

Southeast Michigan Astrologers' Round Table (SMART) is a local chapter of the National Council for Geocosmic Research (NCGR).**Matthew Statman, LMSW, CAADC, is** the U-M Collegiate Recovery Program Manager and a board member of the Association of Recovery in Higher Education.

Ema Stefanova, MA, E-RYT500, is a yoga and meditation master as well as an experienced teacher trainer and therapist since 1979. She belongs to the Satyananda yoga lineage.

Gari Stein is an educator, author, consultant, motivational speaker, creator of the Sing with Me Curriculum, and director of Music For Little Folks. She has degrees in child development and dance and has been an active member of the early childhood community since 1966.

Aileen Storoshchuk, BA, BSW, reads Akashic Records and does tarot, crystal healing, Reiki, Ama Deus, Light Body, pastlife regressions, and Access Bars in her private practice.

Stephen Strobbe, PhD, RN, is a Clinical Associate Professor at the U-M School of Nursing and the Department of Psychiatry. He is also Co-Chair of the Washtenaw Health Initiative (WHI) Opioid Project.

Janene Ternes is a commissioned spiritual director and founder of Prayer in Motion, LLC. She has developed a variety of workshops that teach and inspire holistic forms of prayer to help others find and achieve their own inner connection with God.

Tatianah Thunberg, RYT, a holistic psychotherapist, yoga teacher, and Thai bodyworker, is a graduate of Blue Lotus Thai workshop series in Ann Arbor.

Stephanie Tighe, MSW, is a teacher and shamanic healer who co-founded Spirit Weavers, a training and support organization for shamans. She has over 25 years of experience healing and leading workshops nationally and internationally.

Mary Tillinghast has managed Castle Remedies for 33 years and received hands-on training with Dr. Lev Linkner, having worked with him in his medical practice.

Judy Lee Trautman is a certified leader of the dances, an initiated Sufi, and an ordained Sufi Cherag.

Julie Tumbarello is a Level Three Certified Active Dream Teacher through Robert Moss' Dream School. She leads workshops helping people wake up to life through dreaming.

Will Tuttle, PhD, is an award-winning visionary speaker, educator, author, and musician with a doctoral degree from UC Berkeley.

Mayam Vakilian is originally from Persia and she has studied Reiki with Iranian and Indian Masters.

Jennifer Vanderwal is a Healing Facilitator, Reiki Master, Intuitive Spiritual Counselor, and Melody Crystal Healer Instructor. She has taught classes for over ten years.

George Vaillant, PhD, is a Professor of Psychiatry at Harvard Medical School, a well-known author and researcher, and a founding member of Positive Psychology.

Pauline Valvo is a trained presenter for HAI Global with many years of experience.

Bart Vermilya, L.Ac., has a master's degree in Oriental Medicine and training in Tui Na (Chinese style massage) and Seifukujitsu, a Japanese style of restorative body work used by martial artists.

Cam Vozar, LMSW, LMFT, a psychotherapist in private practice for over 25 years, has worked with individuals and couples focusing on trauma, recovery, spirituality, and EMDR.

Kashi Walters is the Co-Director at the non-profit Kashi Nivas Shiva Meditation Center in Ann Arbor. She is an experienced hatha yoga, meditation, and self-inquiry instructor.

Sifu Joseph Wang is the Head SUN SHEN Tai-Chi Instructor and Senior Tai-Chi Students of Master Sang Kim. He has been teaching since 2005.

Mother Clare Watts is an internationally-known Christian mystic.

Lou Weir is a long-time student of the Diamond Approach and a teacher-in-training. He is also a founding teacher of Insight Meditation Ann Arbor.

Suzy Wienckowski is a Reiki Master and Massage Therapist with over 35 years of experience in healing arts. She teaches the traditional Usui System of Reiki Healing and has studied with two Masters initiated by Hawayo Takata and Hiroshi Doi, members of the original Usui Reiki Ryoho Gakkai in Japan.

Debra Williams, LMT, is a board-certified, licensed massage therapist who has been providing Reiki to the community for over six years.

Matt Wood has many years of clinical herbalism experience. He is well known for his books on herbal medicine.

Julie Wolcott, MA, CSW, LPC, has practiced in the fields of counseling and psychotherapy for over 40 years. Besides being a Phoenix Rising Yoga Therapy Practitioner and Kripalu Yoga teacher, she is also a Certified Transformational Breath Facilitator since 2004 and a Senior Trainer with the Transformational Breath Foundation since 2006.

Claire Maitre *is leading a workshop this fall titled "Active Hope: How to Face the Mess We're in Without Going Crazy." For more information, see Personal Growth on page 106.*

Women's Divorce Resource Center (WDRC) is an all-volunteer, non-profit, educational organization. It offers workshops by experienced divorce professionals including Licensed Marriage and Family Therapists, Certified Divorce Financial planners, and Attorneys.

Yoga Focus, an Iyengar Yoga studio, is celebrating 25 years as a yoga center. Teachers value their practice of yoga and the respect for their students.

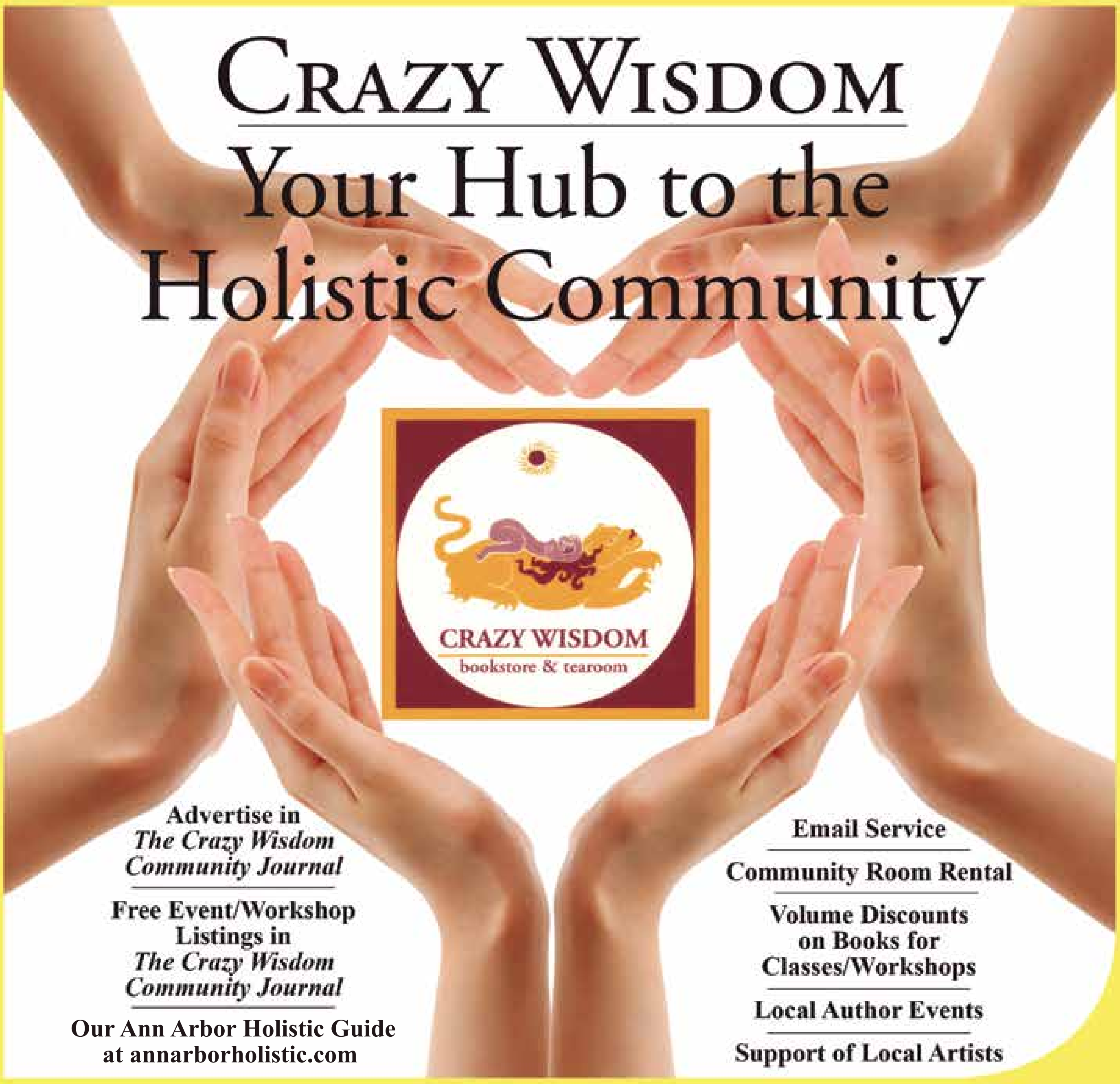
Yoga Space consists of teachers certified in the Iyengar method with decades of experience. They excel at making yoga fun and accessible for everyone.

Dana Clay Young, PhD, is a world-recognized leader and teacher in the natural health and wellness industry. He is President and Founder of Be Young Total Health.

Master Wasentha Young is a Master of T'ai Chi and Qigong with over 48 years of experience. She has received formal instruction in different styles of meditation and massage therapy and has a master's degree in Transpersonal Studies.

Karlta Zarley, RN, CHTP, has 35 years of experience in preventive and holistic nursing care, and is a Certified Healing Touch Practitioner. She has been in private practice for 17 years as a professional healer and educator. She leads classes and retreats, and also provides energy work, spiritual direction, and consultations on essential oils and flower essences.

The Zen Buddhist Temple was formally opened in 1981 as part of the Buddhist Society for Compassionate Wisdom. The Temple functions on three levels: as a temple serving the public, as a training center for ordained members, and as a Sangha or community of members.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"Imagine my surprise when, at the time to renew my ad, I was contacted by Rory and asked for approval of the re-design of my business card. *The Crazy Wisdom Community Journal* staff had remade my card so that it is clearer and easier to read, and more appealing and eye-catching, and best of all, they had done this for free. This is one of the ways that the customer service at Crazy Wisdom goes above and beyond other advertising venues. Kudos to Rory and the other staff!"

— Stephen Rassi, Chrysalis Facilitation and Counseling Services, LLC

"Being an advertiser in *The Crazy Wisdom Community Journal* is a wonderful and unique opportunity to be a part of the Ann Arbor Holistic Community."

— Patty Hart, Every Body Happy Yoga

Advertise in The Crazy Wisdom Community Journal *and reach over 25,000 loyal readers in southeastern Michigan interested in a healthy, holistic, and conscious lifestyle!*

Intuitives Interactive 4th Annual Fall

Holistic & Psychic Expo

Saturday, October 8, 2016 10am - 6pm
Sunday, October 9, 2016 11am - 5pm

The largest fair of its kind in Michigan!

$10 daily/$15 weekend /$8 college students/$5 ages 12-17

Free parking! Additional fees for readings & energy work

Discounted Advance Tickets:

HolisticPsychicExpo.com

Prizes for first 50 attendees each day!

Quiet Reader Room, Mediums, Medical Intuitives, Aura Photography, Energy Work, Holistic & Spiritual Products

Eastern Michigan University Student Center, 900 Oakwood Street, Ypsilanti

WHAT DOES YOUR AURA SAY ABOUT YOU?

Presentation Schedule

Free presentations with Expo admission

Saturday, October 8

11:00 am Diana Burney: Spiritual Balancing
12:30 pm Lisa Bousson: Mediumship Gallery Reading
3:00 pm Tina Zion: Medical Intuition – You Can Do It!
4:30 pm Austin Szelkowski: What Are Chakras?

SPECIAL PRESENTATION at 6:00 pm with
International Psychic Medium Lori Lipten
Mediumship Gallery Reading – messages to the audience
from departed loved ones and celebrities

Sunday, October 9

11:30 am Diane Carlisle: Everyday Energy Magic
1:00 pm Wendy Piepenberg: Mediumship Gallery Reading
4:00 pm Norma Gentile: Sound Shamanism, Live Demonstration

Thank you to our Sponsors:

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Enlightened Soul Center
for the holistic and intuitive arts

Body Mind Spirit Guide

Body Mind Spirit Radio

EVERYONE IS WELCOME!

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sunday 9AM - 10PM

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SOUP + SALAD *everyday* 9AM - 8PM
HOT BAR *monday-friday* 11AM - 8PM
BRUNCH *saturday & sunday* 9AM - 2PM

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FROM **6-8PM**
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sunday 9AM - 8PM

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